



SPECIAL FOCUS: Health Quarterly  
Rainbow Health Initiative: On the Way to Health Equality, Top GLBT Health Concerns

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## *The Valentine Issue*

ROMANTIC DINING & GETAWAYS,  
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487

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JANUARY 23-FEBRUARY 5, 2014

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TIVICAY is a prescription HIV medicine that is used with other antiretroviral medicines to treat Human Immunodeficiency Virus-1 (HIV-1) in adults and children 12 years of age and older and weighing at least 88 pounds. It is not known if TIVICAY is safe and effective in children younger than 12 years or who weigh less than 88 pounds.

In SINGLE, a clinical study with 833 patients who had never taken HIV treatment before:

- **More patients got to undetectable (less than 50 copies of HIV-1 RNA in a milliliter of your blood) with TIVICAY 50 mg once daily and abacavir sulfate + lamivudine than with Atripla.<sup>®</sup>** In the study, 88% of patients who took TIVICAY with abacavir sulfate + lamivudine were undetectable vs 81% of patients taking Atripla at 48 weeks.

Patients who took TIVICAY with abacavir sulfate + lamivudine had an average CD4 cell (T-cells that help fight infections) increase of 267 cells/mm<sup>3</sup> (the number of CD4 T-cells per cubic millimeter of blood) vs 208 cells/mm<sup>3</sup> in patients who took Atripla at 48 weeks.

- **Fewer patients stopped taking TIVICAY due to side effects.** In the study, 2% of patients taking TIVICAY with abacavir sulfate + lamivudine stopped taking medication due to side effects vs 10% of patients taking Atripla. The most common mild side effect for patients on TIVICAY was trouble sleeping—affecting 7% of patients on TIVICAY and 3% of patients on Atripla. The most common medium to severe side effects for patients on TIVICAY were trouble sleeping—affecting 3% of patients on TIVICAY and 2% of patients on Atripla; and headache—affecting 2% of patients on TIVICAY and 2% of patients on Atripla.

**Your results could vary. Ask your healthcare provider if TIVICAY is right for you.**

In SPRING-2, a clinical study with 822\* patients who had never taken HIV treatment before:

- **It was shown that TIVICAY<sup>†</sup> worked as well as raltegravir<sup>†</sup> in getting patients to undetectable (less than 50 copies of HIV-1 RNA in a milliliter of your blood).** 88% of patients who took TIVICAY<sup>†</sup> were undetectable vs 86% of patients taking raltegravir<sup>†</sup> at 48 weeks.

About half of the patients who took TIVICAY<sup>†</sup> or raltegravir<sup>†</sup> had an increase of at least 230 cells/mm<sup>3</sup> (the number of CD4 T-cells per cubic millimeter of blood) at 48 weeks. The other half had CD4 counts less than 230 cells/mm<sup>3</sup>.

- **Few patients stopped taking medication due to side effects.** 2% of patients taking TIVICAY<sup>†</sup> stopped taking medication due to side effects vs 2% of patients taking raltegravir<sup>†</sup>. The most common mild side effect for patients on TIVICAY was trouble sleeping—affecting 1% of patients on TIVICAY and less than 1% of patients on raltegravir. The most common medium to severe side effect for patients on TIVICAY was nausea—affecting 1% of patients on TIVICAY and 1% of patients on raltegravir.

\*808 patients were included in the study results.

<sup>†</sup>Taken with either abacavir sulfate/lamivudine or emtricitabine/tenofovir.

### What is TIVICAY?

TIVICAY is a prescription HIV medicine that is used with other antiretroviral medicines to treat Human Immunodeficiency Virus-1 (HIV-1) in adults and children 12 years of age and older and weighing at least 88 pounds. HIV-1 is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). It is not known if TIVICAY is safe and effective in children younger than 12 years or who weigh less than 88 pounds.

**TIVICAY does not cure HIV-1 infection or AIDS.** You must stay on continuous HIV-1 therapy to control the HIV-1 infection and decrease HIV-related illnesses.

### IMPORTANT SAFETY INFORMATION

#### Who should not take TIVICAY?

- **Do not take TIVICAY if you take dofetilide because of a life-threatening interaction.**

#### What are the most serious side effects of TIVICAY?

- **Allergic reactions. Stop taking TIVICAY and get medical help right away if you have:**
  - **A rash with any of these symptoms:** fever; general ill feeling; extreme tiredness; muscle or joint aches; blisters or sores in your mouth; blisters or peeling of your skin; redness or swelling in your eyes; swelling of your mouth, face, lips or tongue; problems breathing.
  - **Any of the following signs or symptoms of liver problems:** yellowing of your skin or whites of your eyes; dark or tea-colored urine; pale-colored stools (bowel movements); nausea or vomiting; loss of appetite; pain, aching, or tenderness on your right side below the ribs.

- **Changes in liver tests.** People with a history of hepatitis B or C virus may have an increased risk of developing new or worsening changes in certain liver tests during treatment with TIVICAY. Your healthcare provider may do tests to check your liver function before and during treatment with TIVICAY.
- **Changes in body fat** can happen in people who take HIV-1 medicines, including increased amount of fat in the upper back and neck ("buffalo hump"), breast, and around the middle of your body. Loss of fat from the legs, arms, and face may also happen. The exact cause and long-term health effects of these problems are not known.
- **Changes in your immune system** can happen when you start taking HIV-1 medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your healthcare provider right away if you start having new symptoms after starting your HIV-1 medicine.

#### What are the other possible side effects of TIVICAY?

- The most common side effects of TIVICAY include trouble sleeping and headache.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the possible side effects of TIVICAY.

**Important Safety Information continued on next page.**



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#### What should I tell my healthcare provider before I take TIVICAY?

##### Before taking TIVICAY, tell your healthcare provider if you:

- have ever had an allergic reaction to TIVICAY
- have or had liver problems, including hepatitis B or C
- have any other medical condition
- are pregnant or plan to become pregnant. It is not known if TIVICAY will harm your unborn baby
- are breastfeeding or plan to breastfeed. **Do not breastfeed** if you take TIVICAY. You should not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby. It is not known if TIVICAY passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby.

##### Tell your healthcare provider about all prescription and non-prescription medicines, vitamins, and herbal supplements you take.

TIVICAY and other medicines may affect each other, causing side effects. TIVICAY may affect the way other medicines work, and other medicines may affect how TIVICAY works.

Especially tell your healthcare provider if you take:

- other HIV-1 medicines including: efavirenz (SUSTIVA®), efavirenz (INTELENCE®), fosamprenavir (LEXIVA®)/ritonavir (NORVIR®), nevirapine (VIRAMUNE®), or tipranavir (APTIVUS®)/ritonavir (NORVIR®).

- antacids or laxatives that contain aluminum, magnesium or calcium, sucralfate (CARAFATE®), iron or calcium supplements, or buffered medicines. TIVICAY should be taken at least 2 hours before or 6 hours after you take these medicines.
- anti-seizure medicines: oxcarbazepine (TRILEPTAL®), phenytoin (DILANTIN®, DILANTIN®-125, PHENYTEK®), phenobarbital (LUMINAL®), carbamazepine (CARBATROL®, EQUETRO®, TEGRETOL®, TEGRETOL®-XR, TERIL®, EPITOL®)
- St. John's wort (*Hypericum perforatum*)
- a medicine that contains metformin
- rifampin (RIFATER®, RIFAMATE®, RIMACTANE®, RIFADIN®)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see Patient Information for TIVICAY on the next pages and discuss it with your healthcare provider.

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DGV064R0 November 2013





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## PATIENT INFORMATION

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### TIVICAY® (TIV-eh-kay) (dolutegravir) Tablets

Read this Patient Information before you start taking TIVICAY and each time you get a refill. There may be new information. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

#### What is TIVICAY?

TIVICAY is a prescription HIV medicine that is used with other antiretroviral medicines to treat Human Immunodeficiency Virus-1 (HIV-1) infections in adults and children 12 years of age and older and weighing at least 88 pounds. HIV-1 is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). It is not known if TIVICAY is safe and effective in children under 12 years of age or who weigh less than 88 pounds.

#### When used with other HIV-1 medicines to treat HIV-1 infection, TIVICAY may help:

- Reduce the amount of HIV-1 in your blood. This is called “viral load.”
- Increase the number of white blood cells called CD4+ (T) cells in your blood, which help fight off other infections.
- Reduce the amount of HIV-1 and increase the CD4+ (T) cells in your blood which may help improve your immune system. This may reduce your risk of death or getting infections that can happen when your immune system is weak (opportunistic infections).

**TIVICAY does not cure HIV-1 infection or AIDS.** You must stay on continuous HIV-1 therapy to control HIV-1 infection and decrease HIV-related illnesses.

#### Avoid doing things that can spread HIV-1 infection to others.

- Do not share or re-use needles or other injection equipment.
- Do not share personal items that can have blood or body fluids on them, like toothbrushes and razor blades.
- Do not have any kind of sex without protection. Always practice safe sex by using a latex or polyurethane condom to lower the chance of sexual contact with any body fluids such as semen, vaginal secretions, or blood.

Ask your healthcare provider if you have any questions about how to prevent passing HIV to other people.

#### Who should not take TIVICAY?

**Do not take TIVICAY if you take dofetilide. Taking TIVICAY and dofetilide can cause side effects that may be life-threatening.**

#### What should I tell my healthcare provider before taking TIVICAY?

**Before you take TIVICAY, tell your healthcare provider if you:**

- have ever had an allergic reaction to TIVICAY
- have or had liver problems, including hepatitis B or C infection
- have any other medical condition
- are pregnant or plan to become pregnant. It is not known if TIVICAY will harm your unborn baby. Tell your healthcare provider if you become pregnant while taking TIVICAY.

**Pregnancy Registry.** There is a pregnancy registry for women who take antiviral medicines during pregnancy. The purpose of the registry is to collect information about the health of you and your baby. Talk to your healthcare provider about how you can take part in this registry.

- are breastfeeding or plan to breastfeed. **Do not breastfeed if you take TIVICAY.**
  - You should not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby.
  - It is not known if TIVICAY passes into your breast milk.
  - Talk to your healthcare provider about the best way to feed your baby.

**Tell your healthcare provider about the medicines you take,** including prescription and over-the-counter medicines, vitamins, or herbal supplements. TIVICAY and other medicines may affect each other causing side effects. TIVICAY may affect the way other medicines work, and other medicines

may affect how TIVICAY works.

Especially tell your healthcare provider if you take:

- other HIV-1 medicines including: efavirenz (SUSTIVA®), etravirine (INTELENCE®), fosamprenavir (LEXIVA®)/ritonavir (NORVIR®), nevirapine (VIRAMUNE®), or tipranavir (APTIVUS®)/ritonavir (NORVIR).
- antacids or laxatives that contain aluminum, magnesium or calcium, sucralfate (CARAFATE®), iron or calcium supplements, or buffered medicines. TIVICAY should be taken at least 2 hours before or 6 hours after you take these medicines.
- anti-seizure medicines:
  - oxcarbazepine (TRILEPTAL®)
  - phenytoin (DILANTIN®, DILANTIN®-125, PHENYTEK®)
  - phenobarbital (LUMINAL®)
  - carbamazepine (CARBATROL®, EQUETRO®, TEGRETOL®, TEGRETOL®-XR, TERIL®, EPITOL®)
- St. John's wort (*Hypericum perforatum*)
- a medicine that contains metformin
- rifampin (RIFATER®, RIFAMATE®, RIMACTANE®, RIFADIN®)

Ask your healthcare provider or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

#### How should I take TIVICAY?

- Take TIVICAY exactly as your healthcare provider tells you.
- Do not change your dose or stop taking TIVICAY without talking with your healthcare provider.
- Stay under the care of a healthcare provider while taking TIVICAY.
- You can take TIVICAY with or without food.
- If you miss a dose of TIVICAY, take it as soon as you remember. If it is within 4 hours of your next dose, skip the missed dose and take the next dose at your regular time. Do not take 2 doses at the same time. If you are not sure about your dosing, call your healthcare provider.
- If you take too much TIVICAY, call your healthcare provider or go to the nearest hospital emergency room right away.
- Do not run out of TIVICAY. The virus in your blood may become resistant to other HIV-1 medicines if TIVICAY is stopped for even a short time. When your supply starts to run low, get more from your healthcare provider or pharmacy.

#### What are the possible side effects of TIVICAY?

**TIVICAY may cause serious side effects, including:**

- **Allergic reactions.** Call your healthcare provider right away if you develop a rash with TIVICAY. **Stop taking TIVICAY and get medical help right away if you:**
  - **develop a rash with any of the following signs or symptoms**
    - fever
    - blisters or peeling of the skin
    - generally ill feeling
    - redness or swelling of the eyes
    - extreme tiredness
    - swelling of the mouth, face, lips, or tongue
    - muscle or joint aches
    - blisters or sores in mouth
    - problems breathing
  - **develop any of the following signs or symptoms of liver problems:**
    - yellowing of the skin or whites of the eyes
    - dark or tea-colored urine
    - pale-colored stools or bowel movements
    - nausea or vomiting
    - loss of appetite
    - pain, aching, or tenderness on the right side below the ribs
- **Changes in liver tests.** People with a history of hepatitis B or C virus may have an increased risk of developing new or worsening changes in certain liver tests during treatment with TIVICAY. Your healthcare provider may do



## PATIENT INFORMATION

tests to check your liver function before and during treatment with TIVICAY.

- **Changes in body fat** can happen in people who take HIV-1 medicines. These changes may include increased amount of fat in the upper back and neck ("buffalo hump"), breast, and around the middle of your body (trunk). Loss of fat from the legs, arms, and face may also happen. The exact cause and long-term health effects of these problems are not known.
- **Changes in your immune system (Immune Reconstitution Syndrome)** can happen when you start taking HIV-1 medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your healthcare provider right away if you start having new symptoms after starting your HIV-1 medicine.

The most common side effects of TIVICAY include:

- trouble sleeping • headache

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the possible side effects of TIVICAY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### How should I store TIVICAY?

- Store TIVICAY at room temperature between 68°F to 77°F (20°C to 25°C).

**Keep TIVICAY and all medicines out of the reach of children.**

### General information about TIVICAY

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use TIVICAY for a condition for which it was not prescribed. Do not give TIVICAY to other people, even if

they have the same symptoms you have. It may harm them.

You can ask your pharmacist or healthcare provider for information about TIVICAY that is written for health professionals.

For more information call 1-877-844-8872 or go to [www.TIVICAY.com](http://www.TIVICAY.com).

### What are the ingredients in TIVICAY?

**Active ingredient:** dolutegravir sodium

**Inactive ingredients:** d-mannitol, microcrystalline cellulose, povidone K29/32, sodium starch glycolate, and sodium stearyl fumarate. The tablet film-coating contains the inactive ingredients iron oxide yellow, macrogol/PEG, polyvinyl alcohol-part hydrolyzed, talc, and titanium dioxide.

This Patient Information has been approved by the U.S. Food and Drug Administration.

Manufactured for:

by:



ViiV Healthcare  
Research Triangle Park, NC 27709  
August 2013

TVC:1PIL

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JANUARY 23-FEBRUARY 5, 2014 | ISSUE 487

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Photo courtesy of Visit Saint Paul

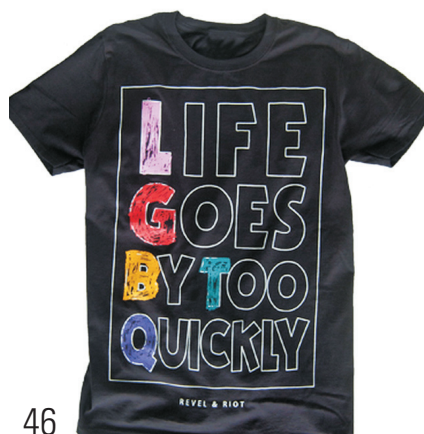


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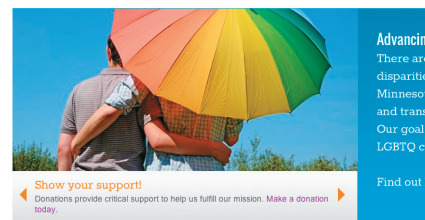


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There are disparities in Minnesota and trans. Our goal is LGBTQ equality. Find out how.

**50%**  
50% of transgender people reported having to teach their medical providers about transgender care. (Grant et al., 2011)

**40%**  
40% of LGBT adults living in Hennepin County report binge drinking behavior. (SHAPE, 2011)

**31%**  
31% of LGBT Minnesotans smoke, compared to 16% of the general population. (RHI, 2013)

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**Our impact goals:**  
Essential resources to improve community health access to and availability of culturally competent care  
+ health of LGBTQ communities  
+ LGBTQ health is part of the public dialogue

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## ONLINE



Online Magazine



Prizes



### ON THE COVER

Bundle up for a romantic getaway in our very own Saint Paul. Photo courtesy of Visit Saint Paul

### CORRECTION

Issue 486 incorrectly listed a burlesque event at the Ritz Theater happening at the end of January as being the Minneapolis Burlesque Festival. The correct burlesque event at the Ritz Theater is Diversi-Tease, January 30-February 1.

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- D.B. (Former Client)

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- B.L. (Former Client)

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## Love: In Sickness and in Health

It was no mistake that our Valentine Issue is also the one in which we introduce our Lavender Health Quarterly. If there's one thing I know, it's how health is about love. To love ourselves is to be healthy. To take care of each other is to love, in sickness or in health, 'til death do us part, with or without vows. We have social contracts in this life to seek self-care by way of pairing up with others and striving toward being healthy, whether or not we fulfill the social contracts is up to us. Of course, we reach this discussion as we're still probably in the throes of New Year's Resolutions, or maybe we've already cast them aside for our personal state of homeostasis: how we tend to return to our most natural state of being. Oh, and it's also no mistake that we'll be introducing our Lavender Fitness Quarterly in the next issue, either. It's a progression: celebration and resolutions, love and health, and then companionship and fitness.

It's actually one long conversation about love based in a magazine built upon love. Have you noticed that? Lavender exists because this community exists and this community (primarily) exists because attraction and love exist between people of the same sex. We are evidence that love builds so much, globally and personally. And, this community and magazine exist (secondarily) due to fluidity in gender and sexual identities. What is key to gender and sexual identities? Self-knowledge and expression. What is key to love? Self-knowledge and expression. What is key to health? Self-knowledge and expression.

See where I'm going here?

In this first Lavender Health Quarterly, I wanted us to focus on what is happening now in our community in Minnesota as far as services and programs are concerned, but also what we should be focusing on as a community in terms of health concerns across the nation. As Shane Lueck talked to Rainbow Health Initiative about their programs and the state of this community's health in Minnesota, it's clear that we are working in an area of plenty of ambiguity. We're closer to the beginning of the development of specific and tailored health services for people in the rainbow community than we are to the finished product (not that health care in the entire United States for the whole society is all that close to a finished product, either). But as Shane was also working on the peripheral material for the piece, the top health concerns that the Gs, Ls, Bs, and Ts of the community should talk to their health providers about, it's also clear that plenty of this development relies on us, on our self-reporting.

Self-reporting starts with coming out.

"Coming out" to health care providers is given different importance ratings in each of the three lists, only being specifically mentioned as something gay and bi men need to do, first and foremost. In striking contrast, transgender folks are first concerned about access to health care, as a group, which implicitly hinges upon coming out as transgender (because if someone isn't seeking health as a transgender person, they apparently would have access to health care). Then, in an extreme shift in focus, coming out is not even mentioned in the list for lesbian and bi women to address with health care providers. At all.

I asked Shane why coming out didn't make the list for women who are lesbian or bi and he said that there's no explanation; there was never a note in the resources he consulted for the research. My immediate backseat-driver analysis was that this is yet another area in which women tend to be invisible, that lesbians and bi women just don't register high enough to need to come out or don't need to be defined as much as men might need to be. These could be true, but I won't back up those thoughts with any empirical evidence at this point. Shane made a good point that while coming out for women might be important, not doing so might not be as big a health risk for them since there is more chance for health issues to arise for men who have sex with men than women who have sex with women. Excellent point, Shane, and I am grateful for his point of view on this editorial team. While health risks are crucial to consider for coming out purposes, it's interesting to note how coming out does figure into the health experience for everyone, women included.

For the women who identify as lesbian or bi, anxiety/depression is listed as being the second most important health concern and probably due to the stress of discrimination (which causes people to hide sexual orientation) and/or the repercussions of revealing sexual orientation. In there, it's implied that coming out is important, but that there are consequences to doing so—consequences that hopefully do not extend to health providers, should they be chosen carefully (see the RHI piece about finding providers friendly to this community). This such anxiety/depression was mentioned midway down the list of importance for gay and bi men, but is listed as just plain depression for the transgender community. Reading these lists made me anxious. Living these lists is worse.

What can allay this anxiety and depression to an extent? Being open and honest with someone we trust with our health. Finding someone with whom we can have a therapeutic relationship and continuity of care is a right, not a privilege. As we find people in our lives with whom we can share our fears and secrets as friends, family, partners, lovers, boyfriends, girlfriends, husbands, and wives, we should also seek to have a similar confidence-sharing relationship with the people who are educated and trained to know us and our bodies, and to help us. Have you noticed how comforting it is to have a continuing conversation with friends and loved ones who have your history in mind when discussing your life? The same applies to doctors and nurses and all the health care providers out there. It's called "continuity of care." It's a beautiful concept in terms of love, self-love, and self-care.

As you consider yourself and your loves this Valentine season, consider your self-care. How you communicate and express yourself is important to how your year and life take shape. I encourage us all to love ourselves more and to seek care, both for the concerns that made these lists in our Health Quarterly, and the concerns that are specific just to you.

With love and care,  
Andy 



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## Resolutions – Every Day Begins a New Year

It's not too late for New Year's resolutions. Time is a man-made construct. The universe doesn't care when you start on our human calendar, and *now* is the only moment you exist.

So, what to choose? Give up? Take up? I listed: finish novel; study Dutch; visit Amsterdam; but the recent passing of a great man made me see a commitment that, if practiced, could affect all my other goals.

There was tremendous media coverage of Nelson Mandela's passing, much retelling of his revolutionary antiapartheid activism in his native South Africa and his twenty-seven years imprisonment. Eighteen of them were spent at Robben Island, doing hard time in exhausting, mindless, manual labor breaking rocks into gravel, eight hours a day, five days a week. Subjected to as much isolation and deprivation as his captors could devise, he slept on a stone floor in a tiny cell, a bucket his sole amenity. He was allowed one visitor a year, and could write or receive a single letter every six months.

Mandela persevered, was eventually released, became president of the very country that had imprisoned him, and lived to celebrate his ninety-fifth birthday. Of all the reprinted quotes, the one that so

deeply affected me was this:

*As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.*

How many of us, with far lesser provocation, imprison ourselves by clinging tenaciously to anger and resentment? Mandela didn't say he had never harbored those feelings, he simply made clear the steep price one pays for nurturing them.

Mandela was the embodiment of what His Holiness the Dalai Lama meant when he said, "The true hero is one who conquers his own anger and hatred." Conquering is ongoing, not finite. Even His Holiness gets angry: "Oh, yes, of course. I'm a human being. Generally speaking, if a human being never shows anger, then I think something's wrong. He's not right in the brain."

Consider the karmic pragmatism of letting go. Your life will be lightened by each discarded grudge, and the energy saved can be used to focus on your resolutions for the coming year—on whatever day it begins. ■

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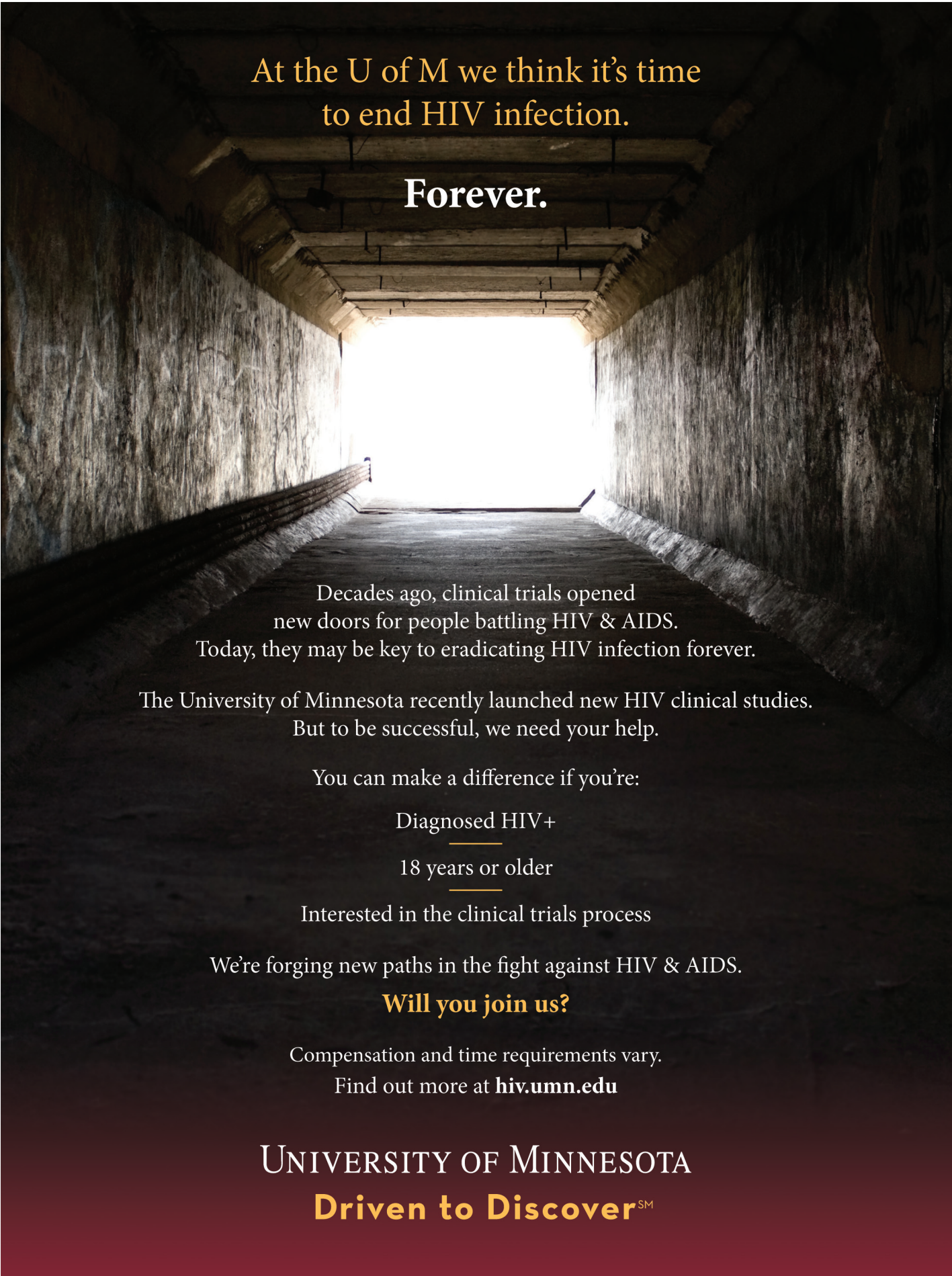
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## "BEAR" WITH ME (WHILE I TELL YOU ABOUT) ... | Barry Leavitt

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Please join candidate for Emperor XXII, Darin Hatch, for a Fund-raiser benefitting the Aliveness Project. \$5 donation at the door is requested. The event features special guest appearances by Mr. Minneapolis Eagle 2013, Ryan Brown, and Mr. Minneapolis 2014, Jason Little. Search "Butts, Bares and Bottoms" on Facebook for more information. Also, a special reminder to vote for your favorite Emperor and Empress candidates on February 1 from noon to 5pm at the Radisson Plaza Hotel located at 35 S. 7<sup>th</sup> St., Minneapolis.

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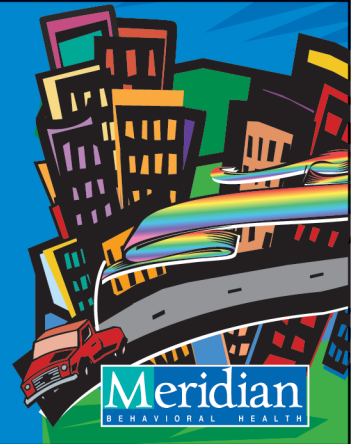
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The Wells Fargo WinterSkate outdoor rink is open for skating through February 2. Photo courtesy of Visit Saint Paul

# St. Paul: Our Getaway for Romance

by Adam Johnson

Eyebrows were raised just after the New Year when *USA Today* named Saint Paul as a nominee in their *Best Romantic North American Getaway* category through their tourism division, 10best.com.

With the likes of Honolulu, HI; Naples, FL; and Santa Fe, NM, as competition, it seemed, at least through comments across online news stories, that Saint Paul had been improperly categorized. Halfway through the online voting competition, Saint Paul has a clear lead on Santa Fe and Naples with the voting coming to a close on January 27, 2014.

So is *USA Today* as crazy as many online commenters have noted? Is this just an uneducated major news outlet trying to stir the pot or are they on to something? On the website, 10best.com describes Saint Paul as, "...the smaller, quieter and, many say, the more sophisticated

of the Twin Cities. While not an obvious choice as a romantic getaway, couples love it for its diverse romantic offerings, like leisurely paddle-wheeler rides along the Mississippi, beer tastings, or ice skating. St. Paul also has a thriving performing arts scene." What better time to put this description and Saint Paul's romantic reputation to the test than with the upcoming Valentine's Day? The following are just a few ways to enjoy Saint Paul leading up to and through Valentine's Day.

## EAT YOUR HEART OUT

Saint Paul is full of a wide range of restaurants to tantalize even the trickiest of taste buds. You can literally travel the world within the Saint Paul city limits and taste the dishes that are renowned in many different cultures, from Ethiopian to Nepali.





Enjoy the sights and smells of the flowers in the Marjorie McNeely Conservatory at Como Park. Photo by Dan Anderson

While not an obvious choice as a romantic getaway, couples love it for its diverse romantic offerings, like leisurely paddle-wheeler rides along the Mississippi, beer tastings, or ice skating.

Ngon Vietnamese Bistro in the Frogtown area is a modern Vietnamese restaurant specializing in French-Vietnamese food while using fresh, local and, sustainable ingredients. Beer lovers will enjoy their exclusive focus on Minnesota craft beers. The atmosphere is warm and inviting and a great place to start your Valentine's Day. ([www.ngonbistro.com](http://www.ngonbistro.com))

Wine lovers will truly enjoy W.A. Frost and Company in the beautiful Cathedral Hill neighborhood. *Wine Spectator* magazine has recognized this fine dining establishment for the past 11 years as having one of the country's premier wine lists. Several of these wines will be paired with a special tasting menu for two on Valentine's Day. ([www.wafrost.com](http://www.wafrost.com))

Making reservations at a strip club for Valentine's Day may sound risqué, unless of course they are made at the Strip Club Meat & Fish in Saint Paul's PaynePhalen neighborhood. This award-winning restaurant focuses on the farm-to-table concept and has an incredible mixolo-

gist in Dan Oskey behind the bar. The restaurant is big on taste but small on space so make your reservations early. ([domeats.com](http://domeats.com))

#### OUT AND ABOUT

Giving flowers on Valentine's Day is one thing. Eating a sumptuous, double entrée meal amongst the vibrant pinks, yellows, reds, and purples created by azaleas, cyclamen, velthemia, amaryllis, and cineraria is something else. On February 14 and 15, enjoy a candle-lit, table-for-two dinner throughout the three gardens of the Marjorie McNeely Conservatory. There will be two separate seatings per evening at 5:30pm and 8:00pm. The cost for this all-inclusive event is \$165 per couple, a portion of which is tax deductible. ([www.comozooconservatory.org](http://www.comozooconservatory.org))

Celebrate Valentine's Day (7pm-9pm) the old fashioned way by enjoying classic poems of the 19th century in the elegant drawing room of the James J. Hill House: Victorian Poetry Slam. Actors

Continued on page 22 ➔





The Saint Paul Hotel was recently named to *Travel + Leisure's* Top 500 Hotels in the World list. Photo by Arun Yenumula

With so much to do, and so many delicious wines and craft beers to taste, staying the night in Saint Paul should be a priority. There are several hotels and bed & breakfasts to enjoy but none bring the romance more than The Saint Paul Hotel and the Covington Inn Bed & Breakfast.

wearing 1890s eveningwear will perform a wide range of humorous and stirring poems. Guests will hear works by Dickinson, Poe, Longfellow, Browning, and others dealing with love, romance, temperance, sports, war, and even poems about James J. Hill himself. Audience members are invited to bring a short Victorian poem to read aloud. The one-hour program will be followed by light refreshments and tours of the Hill House. ([www.visitsaintpaul.com/Events-Calendar/James-J.-Hill-House-Victorian-Poetry-Slam](http://www.visitsaintpaul.com/Events-Calendar/James-J.-Hill-House-Victorian-Poetry-Slam))

If you're looking for some outdoor fun as Valentine's Day approaches, head to beautiful Rice Park in downtown Saint Paul to view the intricately detailed ice sculptures celebrating the 2014 Saint Paul Winter Carnival, January 23-February 2. Every year this competition brings out the best and produces some incredible frozen art. Enjoy a beer or glass of wine from the temporary Ice Bar in Rice Park while wandering through the sculptures. ([www.winter-carnival.com](http://www.winter-carnival.com)) Diagonally across 5<sup>th</sup> street is the Wells Fargo WinterSkate rink, a temporary rink in the heart of downtown Saint Paul through February 2. Enjoy skating (free skate rental with a Wells Fargo check card or credit card), a cup of hot cocoa and the

beauty of the illuminated downtown. ([www.wellsfargowinterskate.com](http://www.wellsfargowinterskate.com))

#### **SPEND THE NIGHT**

With so much to do, and so many delicious wines and craft beers to taste, staying the night in Saint Paul should be a priority. There are several hotels and bed & breakfasts to enjoy but none bring the romance more than The Saint Paul Hotel and the Covington Inn Bed & Breakfast.

The Saint Paul Hotel was recently named to *Travel + Leisure's* Top 500 hotels in the world – the only hotel in Minnesota to garner the award. The property is on the National Register of Historic Places and is beautifully elegant both inside and out. Enjoy a delicious dinner at The St. Paul Grill or just grab a quick drink at The Lobby Bar before heading out for the evening. Enjoy a wonderful breakfast in the M St. Café located downstairs in the hotel. ([www.saintpaulhotel.com](http://www.saintpaulhotel.com))

The Covington Inn Bed & Breakfast is the only moored B&B on the entire stretch of the Mississippi River. Sitting within the reflec-



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Photo by Nattapol Pornsalnuwat

(From top) The Covington Inn, W.A. Frost and James J. Hill House together make a wonderfully romantic getaway.

tion of downtown Saint Paul's towering skyline, visitors must simply cross the Wabasha Street Bridge to reach the State Capitol, Cathedral of Saint Paul, museums, theater, fine dining, and shopping. Offering a place for both quiet getaway and city spree, the Covington does it all. The four uniquely different rooms fill up fast and should be reserved weeks in advance. ([www.covingtoninn.com](http://www.covingtoninn.com))

While Saint Paul's reputation as a frigid capital city may precede itself, those who take a step beyond the cold will find a beautifully welcoming city full of fine dining experiences, enthralling museums, and romantic accommodations. If *USA Today's* nomination of Saint Paul as the best Romantic Getaway in North America raised your eyebrows, come experience the "diverse romantic offerings" firsthand.

For all information regarding a romantic getaway in Saint Paul go to [www.visitsaintpaul.com/romance](http://www.visitsaintpaul.com/romance). ■

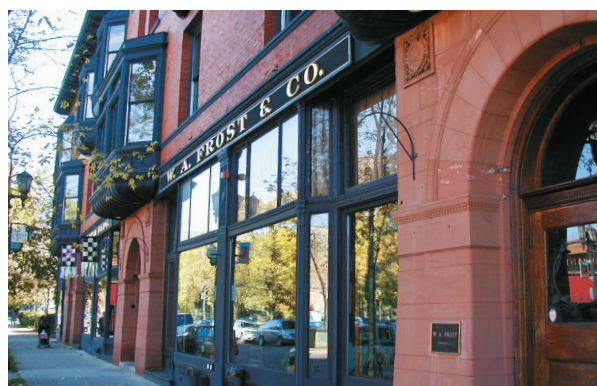


Photo courtesy of Visit Saint Paul

those who take a step  
beyond the cold will find a  
beautifully welcoming city



Photo courtesy of Minnesota Historical Society





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Viaggio produces fine wines from Italian varietals in Lodi. Photo by Carla Waldemar

## APHRODISIAC GETAWAY: LODI WINES: ZIN-FULLY DELICIOUS

by Carla Waldemar

**Zin:** It's not just for breakfast anymore. It's not your daddy's Zinfandel, either. Nor is it the only grape in town these days. Lodi, California—100 miles east of San Francisco—is rightly famous for its poster grape, but today it's justly proud of 75 other varietals that flourish here—think grapes of France, Spain, Portugal and Italy. That's the take-away for a wine tourist in tiny Lodi, which boasts 12 tasting rooms (plus the oldest A&W stand in the country), and 60 more in the surrounding acres.

Agriculture is the focus of the town, founded in the 1850s by Italians and Germans during the Gold Rush when their pans didn't pan out. Lodi's farmers grow fruit and nuts and supply grapes for wineries all over California, from Gallo to Fetzer and beyond. Production boomed even during Prohibition, when grapes were shipped back east with explicit instruction on exactly how NOT to make wine ("First, do not.... Next,").

Lodi's big-name players include Robert Mondavi Woodbridge and Sutter Home, but these days they're joined by over 70 boutique wineries specializing in small-lot, handmade, exquisitely drinkable varietals that—here's the bonus—haven't lost their sense of place. The

farmer very often is also the vintner, and you'll find him in his boots behind the tasting counter rather than in Gucci loafers at his computer, as in a couple of other California counties, ahem, we might name. They're growers first, vintners second—which translates the whole experience from patrician to approachable: wine, style, and people. They collaborate; they don't compete. And like Avis, they try harder.

And they try better. They've established Lodi Rules, the most rigorous sustainability program in the state. The Rules promote soil health, water cleanliness and conservation, and, as they say at LangeTwins, a fifth generation of growers-now-vintners, "We're a participant in the whole ecosystem, not just a monoculture. If you want to be generational, you have to be sustainable." Thus, they're restoring native habitat where bobcats and coyotes wander; they're growing oak trees from native acorns; they're monitoring water use. As Harney Lanes owner explains, "We live where we farm, so we want to be good stewards of the land." But does walking the talk make for good wine? Proof is in the bottle. Consider Peltier Station, whose citrusy Sauv Blanc out-tastes New Zealand's, and smooth, fruit-forward Malbec renders Argentina's ho-hum.





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Olive trees at Caldoni Olive Ranch; Many winery directional signs guide tourists to tasting rooms in Lodi. Photos by Carla Waldemar

Lodi, the self-proclaimed Zin Capitol of the World, is no longer a one-note varietal in this grape-centric town, where the police cars are painted with grape clusters.

Lodi, the self-proclaimed Zin Capitol of the World, is no longer a one-note varietal in this grape-centric town, where the police cars are painted with grape clusters and the high school ball teams bear names like Flaming Tokays. At Mettler Family Vineyard's brand-new tasting room—okay: Cab, Petite Sirah, and Zin are still the signatures—just taste their Pinotage. Neighbor winery Acquiesce produces only white wine in a soft Rhone style. And Borra, one of the oldest boutiques, showcases Mediterranean and German varietals. From Michael David Winery, farming since 1850, comes Inkblot, saluting the Tannot grape. “Lodi is not homogeneous,” they demonstrate.

So does Viaggio Estate, producing primo Pinot Grigio as well as the olive oil that graces its woodfired pizzas. You want Spanish? “Welcome to Lod-Iberia,” jokes the architect-turned-vintner of Vinedos Aurora, pouring his supple Albarino. It's followed by Riaza Wines' Garnacha, “which behaves like a red that's so much bigger,” boasts its maker, and Bokisch Vineyard's Graciano, a grape producing a supple, almost-black pour with a blueberry note. We paired each with its own chosen cheese from Cheese Central, offering 100 varieties as well as pairing and cooking classes. You're welcome to bring your

cheese purchases to the tasting rooms down the street.

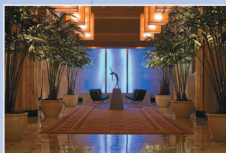
One of those—Custom Crush—not only features wines from Lodi grapes, it crushes and ferments their juice for aspiring vintners. It serves as an incubator for first-timers experimenting with the end result and short on the investment required to press and bottle on their own. “We lower the barrier to market-entry, and the risk,” explain its owners. “Many wineries spin off of here.”

And now—drum roll—the grape that lured me from Minnesota: those flagship Old Vine Zins. And when we say “old vines,” we're talking 70 to 100 years old, in soil where disease never got a foothold. The Lodi region benefits from the coastal influence, plus the day-to-night temp drop of 40 degrees, producing bright, crisp acidity, and the soil of the Sierra Nevada Mountain range with its volcanic influence.

All Zins are not created equal. It's an extremely versatile grape, and the wine it produces can be heavy or light in style. But I love it for its DNA: bristly and wild. To get back to the basics—to taste the terroir—six of Lodi's mostly-fifth-generation Zin growers signed onto the Lodi Native project, aimed at highlighting the region's distinctive, and historic, Zinfandel growing plots. To maximize flavor



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"I love it because there's NOT an Old World style you can compare it to."



(Clockwise) Lodi vineyards grow over 75 varieties of grapes; Caldor Olive Ranch: tasting room involves premier flavored oils from their olive trees; LangeTwins winery is in the forefront of sustainability in producing its grapes & wines. Photos by Carla Waldemar

and vineyard characteristics, they agreed to produce a 2012 Zin sans modern bells and whistles, with minimal intervention: no inoculated yeast, no new-oak barrels, no additives—thus to highlight the huge differences among the vineyards themselves. Said one about his pet grape, "I love it because there's NOT an Old World style you can compare it to," as in Cab and Chard.

It wasn't easy to pick a favorite, all from small, stressed berries—

and yours will probably be different—but it was simple to prefer the Native Project Zins over the commercially-released Zin each winemaker routinely markets, with its stronger oak influence and often riper, more jammy flavors. Except that of (okay, my pick) McCay's Trulux: "All I make is native, so this is not a leap for me." The Native bottles will be available after March at Lodi's Wine Center, your go-to for maps, guidance, locations of tasting rooms and taste preferences. □

## BETWEEN SIPS

### EAT:

**Towne House at Wine & Roses Hotel:** comfort treats from a CIA-trained chef, from lobster mac & cheese to barbecued quail. The resort-hotel—the best in town—offers a spa and outdoor pool ([www.winerose.com](http://www.winerose.com)) and adjoins the Lodi Wine & Visitors Center ([www.lodiwine.com](http://www.lodiwine.com)). Rosewood, its sister restaurant downtown, serves halibut with spinach-bacon couscous, and pork osso buco with rosemary polenta.

**Crush:** the contemporary café features short ribs with polenta cake; duck confit with black garlic; lamb chops with parsnip mash and blue lake beans. Don't miss the goat-cheese cheesecake. Long, strong list of Lodi wines.

**School Street Bistro:** informal setting for fare with a Southern kick like squash puppies, Creole chicken and po' boys.

**Michael David Winery:** sports a café and bakery, whose tortilla soup is tops, as is the green-tomato BLT. Don't leave without pie: apricot, boysenberry, peach, grape, apple.

**Lodi Beer Company:** 15 brews on tap.  
(And don't forget that original **A&W!**)

### STROLL DOWNTOWN:

Half a dozen antiques shops, used bookstore, several modest art galleries, chic cookware shop, and **Cheese Central**.

### VENTURE FURTHER:

**Caldoni Olive Ranch:** tours and taste of its premier flavored oils by appointment.

**San Joachim Historical Museum:** a 17-acre park dotted with historic homes, a one-room school and mining campsite. Ag and winemaking tools from former years bring home the region's roots, along with vivid accounts of the volcanic Thirties and beyond, with pickers' strikes and harsh reprisals (Think Cesar Chavez).

**Lodi Park:** kayak the man-made lake, explore nature trails (signs caution: Watch for mountain lions).

**Sand Hill Crane Watch:** mesmerizing, and I'm not even a birdie: Cranes as tall as I munch in pastures, then fly en masse (2,000 or more nightly September-March) to roost in ankle-deep water. Maps and guided tours. Many of the town's restaurants boast terrific all-Lodi lists at minimal mark-up.



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## PAT ASKS: WHAT IS YOUR FAVORITE ROMANTIC DINING SPOT?

*A periodic feature of Pat Evans' food and dining column, Lavender announces "Pat Asks," in which Pat will ask people's opinions on food, restaurants, etc. This issue, Pat asked the Lavender staff their recommendations for romantic date night destinations, starting with where he met Kurt.*

### BARBETTE

**Minneapolis, Uptown**

Easy. Café Barbette. It's where Kurt and I had our first date. I recall seeing this gorgeous guy dashing by the window with a red cashmere scarf and thinking, yes, that's him...he's the one! And I was right with that first impression, we've been together ever since. Barbette's cozy and quirky space with its mish mash of décor was a natural meeting spot for two strangers who love to travel. Variety of people, interesting food and vibe it reminds us of the same kind of casual dining places we enjoy while exploring new cities. You know, where the locals meet, have a bite to eat and glass of something. We've returned several times over the past five years and invariably order the same things. Yummy quiche, salmon niçoise and my very favorite croque monsieur with ham, mornay sauce, and ooey gooey gruyere...c'est magnifique! Good to know: If you want a great table to really get close to someone, ask for the corner banquette near the bar.

[www.barbette.com](http://www.barbette.com)

Pat Evans

### CAFE MAUDE

**Minneapolis**

I hate to admit it, but it's true, I love to same-side booth sit. Cafe Maude's comfy, cushioned seating allows for love birds to sip on cocktails side by side. The dimly lit dining room is often brought to life with live music which serves as a perfect background to a romantic evening. The menu is filled with easy to share small plates and à la carte items, including the should-be-illegal House Cut Fries, covered in truffle oil, dipped in fontina fondue. Added bonus, the three words everyone wants to hear on a romantic evening: Free parking lot.

[www.cafemaude.com](http://www.cafemaude.com)

Morgan Ross

### CAVÉ VIN

**Minneapolis**

Be careful you do not drive by too quickly or you might miss them. It looks much smaller from the outside than it is and you'd better call in for reservations. The classic French food is outstanding. I can't say enough good things about the Grilled Sea Scallops. I am thankful that we still had some bread left so that I did not miss a bite of this meal. We shared the Crème Brulee but I was secretly wishing that it was all mine. The low romantic lighting makes my hair look fabulous so it was a wonderful evening.

[www.cave-vin.net](http://www.cave-vin.net)

Carolyn T. Lima

### DON PABLOS

**Richfield**

It's not your typical romantic place but Don Pablos is a place we both enjoy. Fun atmosphere, tasty margaritas, great fresh food, attentive service and we don't have to get dressed up. The place can be loud but then it makes it easy for us to just be ourselves in the crowd. We can hear each other and let the



Tres Leches cake at the Harriet Brasserie.  
Photo by Hubert Bonnet

table next to us get drowned out in the other chat. We can typically be found there on special occasions like Valentine's Day enjoying their sizzling fajitas.

[www.donpablos.com](http://www.donpablos.com)

Suzanne & Don

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[www.harrietbrasserie.com](http://www.harrietbrasserie.com)

*Morgan Ross*

## LORING PASTA BAR

**Minneapolis, Dinkytown**

The Loring Pasta Bar is an enchanting restaurant located in the heart of Dinkytown. The eclectic décor and atmosphere remind me of a burlesque house you would find in New York City. The theatrical flare is what I adore about this restaurant. When dining at night it transforms into a magical and whimsical place with strands of lights glistening within the trees and throughout as though it were something you would only find in a fairytale. That simply makes it the perfect romantic setting. An appetizer that I absolutely love is the Coconut Shrimp Cozumel, and it's the perfect size for sharing with your date. I'm a huge seafood fan, so for an entrée the Seafood Spaghetti is my pasta dish of choice. This creamy bowl of seafood has scallops, shrimp, mussels, and squid ink spaghetti served in saffron cream. Another dish I enjoy is the Coffee Crusted Lamb Loin. For drinks I prefer a nice glass of wine with dinner, and Loring's wine list has a great variety of wines to choose from. Finding that perfect wine that you and your date will both enjoy, and that compliments the meal, is part of the romance. Once you've settled on the right wine I suggest simply splitting a bottle. I like to keep dessert simple, and the Vanilla Bean Crème Brûlée is just perfect.

[www.loringpastabar.com](http://www.loringpastabar.com)

*Mike Hnida*

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**Minneapolis, Uptown**

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[www.lucias.com](http://www.lucias.com)

*Hubert Bonnet*

## NICOLLET ISLAND INN

**Minneapolis**

Great place to stay, dine, or have a celebration. If you are looking for a place to have a romantic lunch in an elegant setting, this is the place to go. We had a light lunch of soup and a basket of bread. The service and food was wonderful. Then we took a stroll over the bridge, which left us plenty of time for holding hands.

[www.nicolletislandinn.com](http://www.nicolletislandinn.com)

*Carolyn T. Lima*

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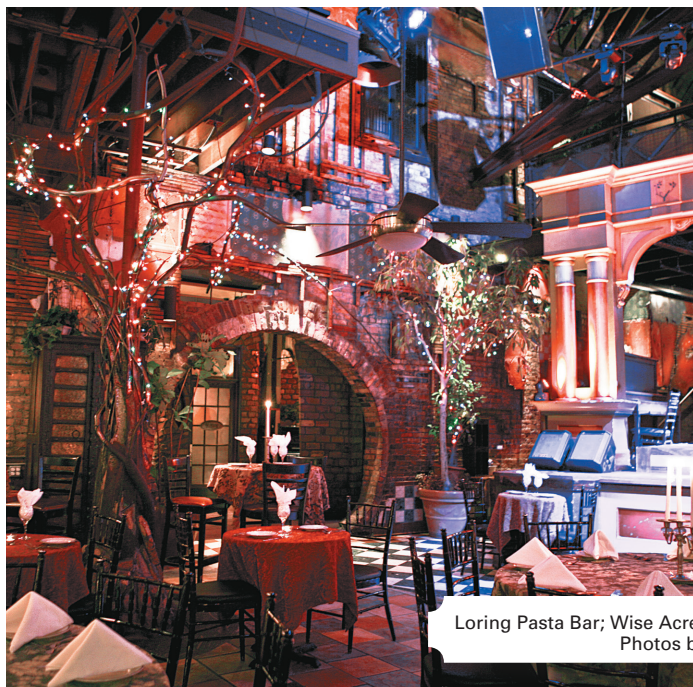
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Photos by Mike Hnida





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## Diversi-Tease: An Extravagant Weekend of Burlesque Stars in the Twin Cities

Blustering winds, white as far as the eye can see, and the ever-present danger of frostbite has Minnesotans craving warmth. Burlesque Dolls' newest production, Diversi-Tease, is a pageant of passions sure to make temperatures rise. Showcasing top-notch talent from near and far, the weekend-long event summons stars of burlesque, drag, vaudeville and cabaret to the Midwest in the middle of winter. Audience members can expect five shows over three days filled with sensational soloists, ensembles, and tableaux.

The excitement kicks off with Thursday's "off the cuff" Improv-a-Tease Opening Night Gala. Guests will be delighted with special guest vocalists and emcees, and, of course, improvisational burlesque performances by the weekend's stars to live jazz, courtesy of the Le Cirque Rouge Cabaret and Burlesque Band.

If that wasn't enough commotion, return Friday and Saturday night for the Snowflake Showcases, hosted by World Famous \*BOB\* and featuring burlesque legend Toni Elling. Known for her over the top blonde bombshell image and incredible ability to mix martinis in her cleavage, \*BOB\* has captivated audiences all over the world with her unique burlesque stylings, humorous performance art, and MC skills. Toni Elling, known as "The Duke's Delight" (she is billed as a Duke Ellington protégé), toured the country as a triple threat ecdysiast; singer, dancer, and stripteaser. It was a very tough climb up the ladder for Elling, as African American strippers in the 1960s were not paid as well, or able to work in all of the clubs. Elling's story serves as an inspiration to burlesque performers and women of color. She continues to perform today and supports the new performers that pursue burlesque.

What more could you ask for? How about "The Golden Glamazon" and reigning Princess of Burlesque Sydni Deveraux, or vaudevillian sex symbol and 2012 King of Burlesque Russell Bruner? Not to mention the Minneapolis return of Lola Van Ella, "The Derriere Beyond Compare," and Sammich the Tramp, "The Punk Rock Hobo," and many more unique and amazing performers. Coming from across the country, coast to coast, these top-notch performers hail from all over Minnesota, New York, California, and even Paris!

The variety of performers serves the very mission of Diversi-Tease: variety. The mission of Burlesque Dolls and Diversi-Tease is to support and promote the art of burlesque by offering high-caliber performance and cross-genre collaboration, marrying the grand spectacle of earlier eras with innovative entertainers of today. With cross-genre collaborations in mind, the performers range from professional dancers to aerialists. The weekend will feature over 40 unique artists, creating a show that will delight aficionados and wow a new generation of variety show fans.

Burlesque isn't just left to the professionals, however. Workshop Wonderland will be held during the day Friday and Saturday for those who desire the Diversi-Tease experience to fill their days as well as nights. Expert classes will be taught by stars of the weekend, including World Famous \*BOB\*'s "Ultimate Self Confidence! Workshop for Women," and "Tips & Tales with Toni Elling!" Queenie von Curves, one of the producers of Diversi-Tease, invites everyone to participate in the workshops: "Regardless of race, gender, age, size, or whatever,

you have something to say. Which is so unique to this genre. You don't have to fit a mold or fit a type."

Burlesque Dolls is the new partnership of Myron Johnson, Sweetpea, and Queenie von Curves. Johnson, founder and artistic director of the Ballet of the Dolls, with over 50 years' experience in dance, theater, and mime performance and production, choreographed the opening acts. Sweetpea is a nationally-acclaimed performer and producer in her own right, named 2013's "Most Dazzling Dancer" by the Burlesque Hall of Fame. Since moving to Minneapolis in 2006, Queenie von Curves has worn many hats, including costume designer, company dancer with Ballet of the Dolls, actress, and dance teacher with Playful Peacock Showgirl Academy.

"I think it's really important to promote and show how within this genre it is so diverse," Queenie says. "Whether it's 'I don't fit into a gender,' or 'I fit into both genders.' Maybe I'm a bigger girl. It doesn't really matter who you are or where you come from as long you can bring it." ■

### Diversi-Tease 2014

January 30-February 1

The Ritz Theater

Tickets: \$35 - \$150

Reserve tickets online at [www.ritzdolls.com](http://www.ritzdolls.com) or call the box office at (612) 436-1129



Queenie and Sweetpea, bundled up for winter. Photo by Grinkle Photography



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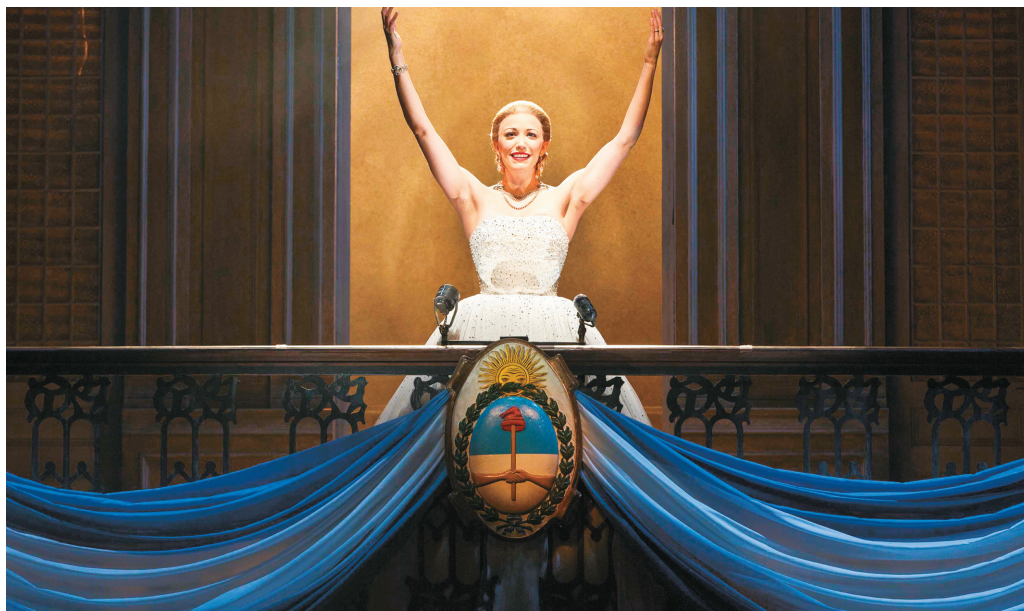
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*Evita*. Photo by Richard Termine

## EL AÑO EN QUE NACI / THE YEAR I WAS BORN: WALKER ART CENTER OUT THERE SERIES FINALE

Jan. 30 – Feb. 1

Walker Art Center, 1750 Hennepin Av., Mpls.

(612) 375-7600

[www.walkerart.org](http://www.walkerart.org)

After Adolph Hitler there came various new tyrants of diabolical will. One of the worst was Augusto Pinochet of Chile. The dreaded military dictator overthrew democratically elected President Salvador Allende, a socialist, with the help of American secret forces marshalled by Henry Kissinger and Richard Nixon. The concept of being ‘disappeared’ is one that came into global vernacular and is now typically associated with Pinochet. It is a concept also prominent in two major, but regrettably, forgotten honored films of the 1980s: *Missing* and *The Official Story*. However, that concept is reflected in what is this year’s Out There series’ most eagerly anticipated performance. Director Lola Arias has been receiving global accolades for her work.

Walker Art Center Performing Arts Director Philip Bither goes around the world to assess performing arts. He says *The Year I Was Born* was “one of the most inventive and emotionally powerful works that I saw anywhere in the world last year. Arias created not just a strong performance work, but to my mind, a stunning new form of documentary theater. The show features 11 people, born across a decade of revolution and dictatorship in Chile, coming from disparated political and economic backgrounds. While excavating their own parents’ personal histories, which ranged from far left to far right, they not only reclaim a wrenching political era for the next generation but create a diverse community on stage that

can only give one hope. Using a wide spectrum of ingenious theatrical devices, Arias and her real-life performers offer universal truths that spread far beyond 20th Century Chilean history.”

## EVITA

Through Feb. 2

Orpheum Theatre,  
910 Hennepin Av., Mpls.

(800) 982-2787

[www.HennepinTheatreTrust.org](http://www.HennepinTheatreTrust.org)

This is not your mother’s or your gay uncle’s *Evita*, though they will probably want to check it out anyway. Eight years ago Andrew Lloyd Webber’s musical was revived in London with major revisions. In the 1970s when Lloyd Webber and lyricist Tim Rice first created the show it was criticized for being more Anglo than Latino. The current tour, which derives from the ’06 revival, reflects a shift more toward the Latino, especially in Rob Ashford’s Argentinean style which incorporates tango.

However, you’ll hear the same docket of sensational

songs as well as the Oscar-winning *You Love Me* which was added to the miscast but impressive 1996 film version starring Madonna. The Material Girl is a phenomenon in her own right but her voice wasn’t cut out for Lloyd Webber’s demands and she was afraid of showing Eva Peron’s dark side.

However, the fact that the songs are still, by and large, the same and intact, show that the thrust of the story is the same. Lloyd Webber and Rice have shaped Eva ‘Evita’ Peron (1919-1952) as a woman of the lower classes who claws her way up to be First Lady of Argentina in order to get back at wealthy socialites who she feels had snubbed and thwarted her. As created for the musical she spends the national treasury, dogs the rich and cheers the poor. However, her own tastes are excessive, despite her leftist pronouncements. Certain lyrics nail this: *I come from the people / they need to adore me / so Christian Dior Me / From my head to my toes*. Hypocrisy or necessity? You be the judge. Tony and Olivier-winning director Michael Grandage has staged *Evita*. Caroline Bowman stars. Josh Young plays Che, a symbolic voice of the people that haunts the woman throughout the musical.

## PHILOMENA

Ongoing

Area movie theaters

In one of the most masterfully understated film performances ever, Judi Dench devastates as Philomena Lee, a senior citizen who in real life searched for her son who was snatched away from her while she was indentured as a young servant for a sect of Irish nuns. Nonetheless, Philomena stands by her Catholicism to the end, albeit, with an understanding of





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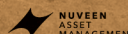
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the dark side of her church. Steve Coogan in another beautifully understated performance, plays Martin Sixsmith, an atheistic journalist who clears the path to discovering the fate of her son.

They find that the child, sold to wealthy Americans in 1952, had become a White House staffer for Ronald Reagan, while suffering from AIDS, and maintaining a primary relationship with another man. You couldn't make a story like this up! However, the harshest diatribe in the film has nothing to do with homosexuality, but with out-of-wedlock heterosexual 'fornication.' It's quite jolting.

Note that *Philomena* has been directed with sublime sensitivity by Stephen Frears. Bear in mind that Frears directed one of the pioneering gay independent films of the Thatcher/Reagan 1980s, *My Beautiful Laundrette*, which launched global awareness of an actor named Daniel Day-Lewis. *Philomena*, the film, has also launched a tidal wave of media and public interest in children who were warehoused in Irish convents en route to being sold. Some would call it trafficking. And for those who want to accuse Frears of being a radical lefty, recall that his film, *The Queen*, starring his wife Helen Mirren, may be the finest conservative film of recent years.

## SIX DEGREES OF SEPARATION

Through Feb. 2

Theatre in the Round Players, 245 Cedar Av., Mpls.  
(612) 333-3010

[www.theatreintheround.org](http://www.theatreintheround.org)

John Guare's 1990 comedy is a work that can be said to have already accrued classic status. It is inspired by an actual experience in 1988 in which a black teenager went to the homes of various wealthy Manhattan couples and claimed to be one of their kid's college chums and the son of the first black Oscar-winning actor, Sidney Poitier. As penned by John Guare, this intruder also has a way of seducing young white men, one of whom puts him in touch with the private affairs of an art dealer and his wife. The play also looks into suicidal anxiety over being gay.

Guare (b. 1938) is also known for *The House of Blue Leaves* written in the 1960s, which has a kinetically absurdist flair and yet is deeply moving. In the '70s he wrote *Landscape of the Body*, a rather lurid piece, that has achieved a kind of cult status. *Six Degrees of Separation* is a pleasing evolution of a man whose eclectic styles and penetrating eye are always worth encountering. The actual concept of six degrees of separation refers to a theory wherein every person on earth has only six people between him/herself and every other person on earth. Austene Van directs.

## SCHOOL FOR LIES

Through Feb. 2

Park Square Theatre, 20 W. 7th Pl., Mpls.  
(651) 291-7005

[www.parksquaretheatre.org](http://www.parksquaretheatre.org)

Moliere was French theater's 17th century voice of heresy. He took on the monarchy and the Catholic Church with a vengeance and is often considered to be the most important playwright between Shakespeare and Ibsen. And like those titans he is emulated by many playwrights who have held him as a prime exemplar. Acclaimed American playwright David Ives is one of those. At Park Square you can catch his



*School for Lies*. Photo by Petronella Ystma

rumination on Moliere's *The Misanthrope* which is somewhat heretical in its own contemporary right.

Director Amy Rummenie shares "what I love most about *The School for Lies* is that David Ives has taken only the fun elements of Moliere's *The Misanthrope*—the glitz, the fierceness, the blazing wit, and the social satire—and then he's spun them into something utterly modern and bright that rings true to a modern ear. We get to keep all the trappings of a beautiful period play: the glorious dresses, the ridiculous fops, and a set dripping with crystal, and then run with the best parts of the story: the sex, the scheming, the danger, and the verbal fence-

ing. And then some more sex, for good measure."

Rummenie adds "this play has been a joy to work on—it's full of double entendres (or to be frank, out-and-out zingers), dagger-sharp repartée, and like all the best comedies: a heart of gold. On the page alone, the script had me laughing aloud and now that we're in rehearsal, it's come brilliantly to life. The wordplay is fast as a farce, with constant rhymes that seem like a tightrope-walk of linguistic daring. And somehow the actors are even brighter and more inventive than all of that, mining the clever turns of language for all their worth." ■





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# Cowards and Champions

I balked at first when the editor of this magazine asked if I'd be interested in writing on sports-related topics. After ten seconds of soul searching, I decided that I'm probably uniquely qualified for this role, seeing as how I:

- Watch Sportscenter
- Regularly procrastinate completing household chores by reading football blogs
- Have frequent Packers/Vikings debates with my 6-year-old nephew
- Sometimes get on the old treadmill in my office/guest room, which makes me an athlete
- Am a lesbian

All kidding aside, I'm thrilled to be able to explore the interests of the community, and maybe incite conversation around important sports issues of the moment. For instance, did anyone *really* believe Aaron Rodgers was gay? Feeble attempt at a playoff game distraction, if you ask me. I mean, Clay Matthews, maybe, but... Rodgers, of course, issued a quick denial though I remain hopeful that the NFL will see its first openly gay player in 2014. It was quietly rumored throughout this past offseason that a group of NFL athletes would come out, prompted by support from allies such as former Raven Brendon Ayanbadejo and former Viking Chris Kluwe.

Speaking of, Kluwe's back! Not in the NFL, but in the headlines. One of the GLBT community's strongest supporters was unceremoniously released from the Vikings prior to their head-scratching season. They state it was a business decision, though in a recent Deadspin.com article titled "I Was an NFL Player until I Was Fired by Two Cowards and a Bigot" Kluwe says that his outspoken support of marriage equality cost him his job. Other notable Vikings business decisions include hiring backup, backup quarterback Josh Freeman for 2 million dollars. Let's pause to think about that for a moment.

Some internet commenters are complaining that Kluwe is spiteful, with a vendetta against his former special teams coach in particular. I disagree, as Kluwe is one of the most well-informed and articulate allies in recent memory, but regardless of his reasons, he is continuing the conversation about changing the culture of America's favorite sport.

So, Peter King over at *Sports Illustrated* has a column called "10 Things I Think I Think." I don't do nearly as much thinking, but something I do find interesting this year is GLBT issues are front and center in the media, even dominating Olympic coverage. The Win-

ter Olympics have always been a particular favorite of mine, maybe due to repeat viewings of *The Cutting Edge* and childhood crushes on Nancy Kerrigan and Katarina Witt. (Side note: I just Google image searched them, and now have adulthood crushes on Nancy Kerrigan and Katarina Witt.)

I initially found my enthusiasm dampened for the 2014 Winter Olympics in Sochi (February 7 – 23) due to Russia's recent passage of anti-gay laws and subsequent rise in hate crimes, especially with the number of out GLBT athletes competing in the Olympics. For those unaware, in June, Putin signed into law gay "propaganda" legislation that bans the distribution of "propaganda of non-traditional sexual relations" to minors, which includes bans on gay pride parades in numerous Russian cities and has far-reaching effects that might split apart families with same-sex parents. The rest of the world has reacted accordingly, with many celebs and Olympic athletes from many countries speaking out against the law.

President Obama sent a clear message when he selected several openly gay athletes for the U.S. Delegation to Sochi, including former tennis player Billie Jean King, former figure skater Brian Boitano, and women's hockey player Caitlin Cahow. Snap! This marks the first time in over ten years that the United States is not sending a president, former president, first lady, or vice president to the Olympics. All these happenings have renewed my anticipation for the Games, though I do wonder, would we be as concerned about the anti-gay laws in Russia if the Olympics weren't being held there? Why should it take a popular sporting event to shine a light on one country, when there are 70+ other countries with similar or much worse laws worldwide?

So there you have it. Suddenly it seems like there's much more to write about than I first expected. It's a fabulous world of sports out there—worldwide, nationally and locally—and we're a huge part of it. I'm hoping to highlight some issues I find important, people who are interesting, local teams worthwhile to join, and also hoping not to lose in fantasy football to my fiancée again next year, considering she can't remember the names of the people on her team (*Ron Gronkowski? Kevin Rudolph?* I'm thoroughly embarrassed).

I'll end with my *Gay (Bi?) Athlete of the Week*. I'm picking British Olympic diver Tom Daley because, look at that cute face! And, he's dating *Milk* screenwriter Dustin Lance Black, so it's a new gay power couple alert!

Until next time, back to Sportscenter laundry. ■





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## Imperial Court of Minnesota Hosts Coronation XXII

Since it was founded in 1992, the Imperial Court of Minnesota (ICOM, primarily a fundraising organization according to its mission statement) has brought in hundreds of thousands of dollars for myriad local charities.

But ICOM has its fun side, too, with plenty of crowns and gowns at events that raise money as well. That will be most evident at its grandest spectacle of the year, Coronation XXII, on February 8 at the Radisson Plaza Hotel in Downtown Minneapolis. Appropriately enough, the theme is "An Imperial Ball at St. Petersburg's Winter Place."

ICOM is a monarchical organization, meaning that an emperor and empress elected each year preside over activities. At Coronation XXII, Regent Emperor XXI, Jeff Crump, and Empress XXI, Burnadate Daniels, will step down after a successful reign.

That night, new monarchs will be crowned.

Evie Blank and Brie J'órdon are vying for empress, while Darin Hatch is the sole candidate for emperor. Voting takes place on February 1 at the Radisson Plaza Hotel. Candidate J'órdon held a benefit for HOPE 4 YOUTH on January 19 at the Town House in St. Paul and a benefit for the St. Cloud State University LGBT Resource Center on January 23 at Biology 701 in St. Cloud. Candidate Blank has a benefit for Bill's Pantry on January 25 at the Saloon. Candidate Hatch has a benefit for The Aliveness Project on January 31 at the Gay 90's.

Other activities take place the weekend of Coronation XXII: the Out of Town Show on February 7 at the Saloon, and the Victory Brunch on February 9 at the Radisson Plaza.

For more information, visit [www.imperialcourtmn.com](http://www.imperialcourtmn.com).



Empress XXI, Burnadate Daniels (left), and Regent Emperor XXI Jeff Crump. Photo courtesy of Imperial Court of Minnesota

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# BAR SHOWCASE | photos by George Holdgrafer

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# VALENTINE

## Gift Guide

Gift Ideas from

**SHANE LUECK**

### 1. Let's Play Doctor: Dozens of Sexy Games

\$16.95

Smitten Kitten  
Minneapolis

[www.smittenkittenonline.com](http://www.smittenkittenonline.com)

A game of role-play, *Let's Play Doctor* prompts a couple to play doctor, cops and robbers, boss and secretary, and chauffeurs and socialites among other racy roles. With 45 game cards, this game is sure to bring excitement to the bedroom for quite some time.



1

### 2. Dead Sexy Candle No. 6

\$12.95

Patina

Several Metro Locations

[www.patinastores.com](http://www.patinastores.com)

Whether for mood lighting or sensual scents, candles frequently make their way onto Valentine's Day shopping lists. The deeply fragranced soy-wax blend from Patina burns evenly from the first moment to the last. Featuring a romantic scent of deep vanilla, exotic wood, white orchid, and ebony that couples are sure to enjoy.



2

### 3. Utopia Condom Caddy

\$68.00

Jonathan Adler

Minneapolis

[www.jonathanadler.com](http://www.jonathanadler.com)

Inscribed with the message "Better Safe Than Sorry," this condom caddy adds a whimsical charm to the bedroom. Made from brown stoneware with platinum accents, Jonathan Adler provides a piece worthy of an end table.



3

### 4. Gay Love Birds Coffee Mugs

\$45.00

Etsy, MaryElizabethArts

[www.etsy.com/shop/MaryElizabethArts](http://www.etsy.com/shop/MaryElizabethArts)

MaryElizabethArts

A set of two, these coffee mugs feature two bright red male cardinals wooing and cooing together on a tree branch. With the ability to customize with names, these hand-painted mugs are playful, yet chic.



4

### 5. L'Eau Eau de Toilette

\$88.00

diptyque

[www.diptyqueparis.com](http://www.diptyqueparis.com)

The first eau de toilette from diptyque, founded in 1968. The spicy scent isn't restricted by gender, to be worn by either a man or a woman. According to diptyque, "this fragrance is of an olfactory design unparalleled in the repertoire of classic perfumery."



5



# ROSACEOUS

Flowers and Valentine's Day are intertwined by the very history of love. And roses play the starring role in this long drama of romantic interchange.

Roses are the actors and the dancers that employ color, aroma, and presence to symbolize communication.

They stand for something. They are more than words. They say what you cannot.

Even after all my years in the world of flowers I continue to be pleasantly surprised at the shades of subtleties in the meaning of roses.

In her fascinating novel "The Language of Flowers" Vanessa Diffenbaugh identifies a dictionary of flower definitions. It includes several roses and their implied messages:

MOSS ROSE – CONFESSION OF LOVE  
PURPLE ROSE – ENCHANTMENT  
BURGUNDY ROSE – UNCONSCIOUS BEAUTY  
ROSE OF SHARON – CONSUMED BY LOVE  
ORANGE ROSE – FASCINATION  
RED ROSE – LOVE

As you consider what blossoms to include in your bouquet this year, consider roses and what they convey to your loved one.

Call me. Maybe I can help you decide.

HAPPY VALENTINE'S DAY.

Until next time,



*Signature Weddings*  
BY **RJ KRAMER**  
DESIGNS



# VALENTINE

## Gift Guide

Gift Ideas from

**SHANE LUECK**

### 1. Customized Candy Bouquet

\$25.00 – \$65.00

Sugarwish

[www.sugarwish.com](http://www.sugarwish.com)

Who doesn't love candy? No one. Who wants to choose their own personalized bouquet of candy? Everyone. Now let's just hope that the lucky sweetheart will share the bounty.



—1

2

### 2. Revel & Riot T-shirt

\$30.00

Revel & Riot

[www.revelandriot.com](http://www.revelandriot.com)

Gifting an item of clothing on Valentine's Day means that eventually that item of clothing will have to come off...and there's nothing sexier than a guy (or gal!) who's not afraid to make a statement.

Enter Revel and Riot. The T-shirt company is all about LGBT visibility and equality.

They got a lot of attention after collaborating with the band fun. and getting Tegan and Sara to sport their simple but stylish pro-gay garbs.



### 3. X's and O's Set

\$24.00

philosophy

Several Metro Locations

[www.philosophy.com](http://www.philosophy.com)

Keep your sweetie smelling sweet this Valentine's Day with this philosophy gift set filled with Vanilla Cream and Cherry-scented body products. Skin will be left soft and lips kissable.



3

### 4. Blue Moon Beer Soap

\$5.00

Etsy, FattysSoapCo

[www.etsy.com/shop/FattysSoapCo](http://www.etsy.com/shop/FattysSoapCo)

Perfect for the beer lover, this handmade soap from Wisconsin is made from a base of Blue Moon with orange and blue swirls and a silver lining on top. Be assured, the soap won't leave a beer aroma as it is scented with neroli (orange blossom) fragrance oil.

### 5. Love Ring

\$380.00

Supermarket

[www.supermarkethq.com/product/love-ring-3](http://www.supermarkethq.com/product/love-ring-3)

This recycled sterling silver ring is a perfect gift to serve as a reminder of eternal commitment to each other, as best friends, lovers, or even both. Gender neutral, this playful and simple ring is hand-made and can be turned to write words like love, kiss, amor, beso, and more.



5

4





# VALENTINE

## Gift Guide

Gift Ideas from  
**SHANE LUECK**

### 1. Moroccan Neroli Shaving Duet

\$80.00

Aesop

[www.aesop.com](http://www.aesop.com)

Valentine's Day is a good time to feed his masculinity and celebrate who he is, so skip the teddy bears and the hearts and opt for something a little more upscale. The idea is to make him feel like your hero, not your puppy dog.

### 2. The Missing Piece by Shel Silverstein

\$16.99

Barnes & Noble

Several Metro Locations

[www.barnesandnoble.com](http://www.barnesandnoble.com)

For everyone from the book lover to the sentimental, Shel Silverstein's book of rhymes chronicles an incomplete circle's journey to find its missing piece. The tale also describes the joys of not being complete, making it perfect for couples or a single friend.

### 3. Couples Key Chains

\$29.95

Red Envelope

[www.redenvelope.com](http://www.redenvelope.com)

These key chains say it loud and clear, telling your sweetie, "You complete me." Coming as a set of two, when paired, the two key chains form a complete heart. Separately, the slim key chains pull double duty as bottle openers.

### 4. I Love You Bean

\$6.99

Think Geek

[www.thinkgeek.com](http://www.thinkgeek.com)

Houseplants are no longer just for house-warmings.

Say "I love you" with this one-of-a-kind bean plant. The sprout actually has the words "I Love You" written on the bean. Simply add water and let it soak up some sun. Soon the bean will sprout and the hidden message will appear.



—1

2

Shel Silverstein

**THE MISSING PIECE**



3

4—







## LAVENDER LOVE

## SHIRLYNA AND TRACI

Every romantic couple comes with a unique story. Some love stories are told and retold, embellished and perfected in order to become a perfect storyline fit to be made into a romantic comedy. And some romances begin simply through a beautiful connection between two people—no bells and whistles are needed to turn an everyday situation into something extraordinary. On October 1, 2006, a typical night at a lesbian bar in Denver turned into the beginning of Shirlyna and Traci's love story. Theirs is a love story that's real—no huge romantic gestures, no perfectly scripted scenarios—just two people finding the soul that makes theirs complete.

When Shirlyna Olivas and Traci Johnson locked eyes across the dance floor, the physical chemistry was hard for Traci to ignore. The confident woman walked straight up to Shirlyna and requested a dance, a request that Shirlyna shyly declined due to the song selection. As Traci was about to leave, Shirlyna stopped her and clarified, "I just don't want to dance to THIS song...maybe the next one?" When an acceptable song came on, Shirlyna and Traci held each other close, dancing eye to eye on the crowded dance floor. The two continued to dance and talk until 5:00 am, when they both began to realize that their evening hadn't just been a fun, flirtatious night out.

As Shirlyna and Traci began their relationship, they soon realized that they were at different levels of being "out" in public. Traci had been living as an out lesbian in the Colorado community for quite some time, while Shirlyna (after ending a heterosexual marriage) was not comfortable being openly gay in public. As an early date ended in the parking lot of a popular steakhouse, Shirlyna warned Traci that she couldn't kiss her in public. Not hearing what she had said, Traci swooped in and kissed Shirlyna, then responded with "I'm sorry, I missed what you said!" Though initially taken aback by Traci's openness and comfort in public, Shirlyna felt that their relationship was too important to keep secret, and the two worked together to ease into their status as a couple.

With the strong connection between the two, they found it very hard to take things slowly. "We U-Hauled it; it's true," Shirlyna admits with a laugh. The two tried to keep their children in the dark as their relationship blossomed, especially Shirlyna, as she was concerned about how her kids would deal with their mother being a lesbian. Traci recalls one humorous evening when they were snuggled up on the couch and watching movies. As the women drifted off to sleep, Shirlyna heard her girls come home early. She panicked and pushed a sleeping Traci off the couch to avoid getting caught. Though they look back and laugh at that night, they acknowledge that the fear of what their children would think was difficult to endure. Traci says, "It's not like you can end a relationship with your kids because they

don't agree with your lifestyle. They're your kids!" The women eventually decided to tell their children about their relationship and both families have grown to love and accept the couple.

As the two women recall the beginning of their relationship, they admire each other from across the table. They smile and their eyes twinkle as each woman hears the other speak of their beloved's most endearing qualities. Each woman is surprised by what the other says she loves, and Traci notes that "we don't necessarily talk to each other like this when we're one-on-one." Traci likes "how bubbly Shirlyna is," and how much she likes to laugh. "She has gorgeous eyes, and she was so fun to watch across that room on the first night." Shirlyna jokingly recalls being drawn first to "those white pants" Traci was wearing as she caught Shirlyna's eye from across the room. Then Shirlyna's voice softens as she describes Traci's compassionate nature, the way she carries herself, and her welcoming smile. After eight years, Shirlyna is "still in love with her—I haven't ever stopped being in love with her."

The couple recognizes that communication is key to making their relationship work. As self-proclaimed "complete opposites," Traci appreciates that Shirlyna is "uncomplicated in every way that I'm complicated." Traci notes that she is the type of person who would "dive head first into an empty pool, but Shirlyna's there grabbing my ankles and telling me to 'wait a minute.' She's very practical. I am not." Traci believes that people mirror one another: "You're either drawn to or pushed away from traits you either desire or don't have yourself. She has the traits I don't have, and we balance each other out." Shirlyna's realistic nature balances out Traci's impulsive side, Traci's emotional openness has encouraged Shirlyna to become more aware of her feelings and how she expresses them. Shirlyna initially struggled to open up about her past experiences and her emotions, but Traci's support and encouragement allowed Shirlyna to process and express her feelings in a healthy way. This balance, and their ability to communicate, keeps their relationship strong and healthy as they tackle whatever life throws their way.

Over the past eight years, the women have made memories by cooking together, traveling around the country, nurturing their relationships with their children and grandchildren, and enjoying each other's company around bonfires with friends. They've learned a lot along the way (including the truth behind the warning that you should never add bubble bath to a Jacuzzi), and they've kept their focus on what they believe is most important: their families. Marriage is a possibility for Shirlyna and Traci, but they don't know when the big day will be. Yes, this is a "girl-gets-girl" love story, but their future is anything but scripted; they just know that they will begin and end each day together, hand in hand. ▣





Traci Johnson and Shirlyna Olivas. Photo by Mike Hnida



# RAINBOW HEALTH INITIATIVE: ON THE WAY TO HEALTH EQUALITY

At the time of the website's relaunch in February 2013, Rainbow Health Initiative (RHI) was hopeful that its goal of connecting more members of the GLBTQ community with essential health resources would be a success. Yet no one expected just how quickly things would be moving.

"We have been pleasantly surprised by how fast our website took off and the number of hits and interaction we were getting and continue to get," says Tiffany Paulson, Communications and Marketing Manager for RHI. "As more people are becoming aware of our Provider Directory and the number of healthcare providers increase, we are seeing a noticeable and steady increase in use."

The Provider Directory is one of the more exciting features of the new website. Healthcare providers self-submit to be included on a list of GLBTQ-friendly and -identified providers. "We have a drop down search option in which people can specify, for example, that they are looking for a provider that has specialties/sensitivity working with lesbians or they can search for a provider who is a lesbian," says Brianna McMichael, RHI's Policy and Education Coordinator. "Providers self-identify themselves and their specialties. We add options as they are identified by providers, so providers are not forced to choose between one description or another."

What You Need to Know • What We're Doing About It • How to Get Involved • Donate Today • Resources for You

**Advancing Health Equity**  
There are significant health disparities facing members of Minnesota's gay, lesbian, bisexual and transgender communities. Our goal is health equity for the GLBTQ community.

Find the right provider for you  
RHI collects information on GLBTQ-friendly physicians, clinics, and other medical providers. Use our search tool to find the right one for you.

Find out how we're doing it.

**50%**  
50% of transgender people reported having to teach their medical providers about transgender care. (Grant et. al., 2011)

**40%**  
40% of LGBT adults living in Hennepin County report binge drinking behavior. (SHAPE, 2011)

**31%**  
31% of LGBTQ Minnesotans smoke, compared to 16% of the general population. (RHI, 2013)

**Our impact goals:**

Get Your MNSure Information Here! | Trainings & Presentations

Check out our Resource List page TODAY! We have a GLBTQ specific. | RHI offers GLBTQ Trainings & Presentations. Visit our Trainings & Presentations

With over 100 providers currently listed, the directory continues to add additional providers on a consistent basis. "We strive to provide users with numerous, quality options," McMichael says, who is quick to point out why providers would choose to join the growing list. By listing with RHI, providers are more visible to the people in need of healthcare services and joining the list proves a desire to make sure they receive those services in a supportive environment.

Visitors to the website will notice that some categories of providers are more heavily represented than others. For example, there are no dentists listed. As the list is a self-selected option for providers, RHI is at a standstill as to how to address issues like this. "We do not prevent or encourage any one type of provider over another," Paulson says. "We believe people deserve access to culturally competent providers across the board."

With the directory relying solely on self-reporting, it begs the question: how can patients be sure that the listed providers are actually GLBTQ-friendly, as they say they are? By requiring providers to fill out the request to be placed on the directory, RHI is ensuring that providers themselves are invested in the directory. "Providers are able to add comments in the notes section to specify any specific experiences they have working with a certain population or personal

## Leaders in Healthcare Equality

In the Human Rights Campaign's Health Equality Index 2013, an unprecedented 464 healthcare facilities—representing 74% of total participants—met all Core Four criteria for LGBT patient-centered care. The Core Four criteria include patient non-discrimination, equal visitation, employment non-discrimination, and training in GLBT patient-centered care. Seven facilities out of Minnesota have earned the coveted status of "2013 Leader in LGBT Healthcare Equality."

**Hennepin County Medical Center**  
Minneapolis  
[www.hcmc.org](http://www.hcmc.org)  
**VA Minneapolis Health Care System**  
Minneapolis  
[www.minneapolis.va.gov](http://www.minneapolis.va.gov)  
**VA St. Cloud Health Care System**  
St. Cloud  
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**Regions Hospital**  
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**Family Tree Clinic**  
St. Paul  
[www.familytreeclinic.org](http://www.familytreeclinic.org)  
**HealthEast Care System (18 facilities)**  
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[www.healtheast.org](http://www.healtheast.org)





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## Ten Things Gay and Bisexual Men Should Discuss with Their Healthcare Provider\*

### 1. Come Out to Your Healthcare Provider

In order to provide the best care possible, clinicians should know their patients' sexuality. It should prompt them to ask specific questions and offer appropriate testing. If a healthcare provider does not seem comfortable with gay and bisexual patients, find another provider.

### 2. HIV/AIDS and Safe Sex

Many men who have sex with men are at an increased risk of HIV infection, this isn't new information. However, men should also discuss and be aware of what to do in the event of exposure to HIV (Post-Exposure-Prophylaxis)—contacting a healthcare provider *immediately* following an exposure to explore options.

### 3. Hepatitis Immunization and Screening

Men who have sex with men are at an increased risk of sexually transmitted infection with the viruses that cause the serious condition of the liver known as hepatitis. These infections can be potentially fatal, and can lead to very serious long-term issues such as liver failure and liver cancer.

### 4. Fitness (Diet and Exercise)

Problems with body image are more common among gay men, and gay and bisexual men are much more likely to experience an eating disorder such as bulimia or anorexia nervosa. While regular exercise is very good for your health, too much of a good thing can be harmful.

### 5. Substance Use/Alcohol

Gay and bisexual men use substances at a higher rate than the general population, and not just in larger cities. These include a number of substances ranging from amyl nitrate ("poppers"), to marijuana, Ecstasy, and amphetamines. The long-term effects of many of these substances are unknown; however current wisdom suggests potentially serious consequences as we age.

### 6. Depression/Anxiety

Depression and anxiety appear to affect gay and bisexual men at a higher rate than in the general population. Culturally sensitive mental health services targeted specifically at gay men may be more effective in the prevention, early detection, and treatment of these conditions.

### 7. STDs

Sexually transmitted diseases (STDs) occur in sexually active gay men at a high rate. There is absolutely no doubt that safe sex reduces the risk of sexually transmitted diseases, and prevention of these infections through safe sex is key. The more partners you have in a year, the more often you should be screened.

### 8. Prostate, Testicular, and Colon Cancer

Gay and bisexual men may be at risk for death by prostate, testicular, or colon cancer. Screening for these cancers occurs at different times across the life cycle, and access to screening services may be harder for gay men because of not getting culturally sensitive care.

### 9. Tobacco

Gay and bisexual men use tobacco at much higher rates than straight men, reaching nearly 50 percent in several studies. All gay men should be screened for and offered culturally sensitive prevention and cessation programs for tobacco use.

### 10. HPV

Of all the sexually transmitted infections gay men are at risk for, human papilloma virus (HPV) — which cause anal and genital warts — infections may play a role in the increased rates of anal cancers in gay and bisexual men. Some health professionals now recommend routine screening with anal Pap Smears, similar to the test done for women to detect early cancers. Treatments for HPV do exist, but recurrences of the warts are very common, and the rate at which the infection can be spread between partners is very high.

\*Informed by statistics from the Gay and Lesbian Medical Association (now known as Health Professionals Advancing LGBT Equality), PRIDE Institute of Minneapolis, and Substance Abuse and Mental Health Services Administration

## Provider Directory

Looking for an LGBTQ-friendly primary care doctor, specialist, dentist, or other healthcare professional? Find one using the Rainbow Health Initiative Provider Directory.

### Looking for a provider?

Provider Name	<input type="text"/>	Search
Provider Type	<input type="text"/>	None Specified
Sexual Orientation	<input type="text"/>	None Specified
Gender	<input type="text"/>	None Specified
Race	<input type="text"/>	None Specified
Languages	<input type="text"/>	None Specified
Other Specialties and Sensitivities	<input type="text"/>	None Specified
		Search

experiences," Paulson says. "For example one provider might just check all the boxes, while another might write that they have experience with assisted reproductive technology or that they have a family member who identifies as trans\*."

For those who are still leery of the process, Paulson says RHI is currently in the process of developing a user-rating system. "One thing we have learned from our research is that GLBTQ survey respondents reported poor quality health care and discrimination from staff in every part of the clinic (administration staff, support staff, nurses, mental health providers, etc.)," she says. RHI hopes to combat issues like this by developing a rating system. Users will be able to rate their experiences, thus helping others make informed choices.

The website relaunch includes more than just the directory service, however, as it also makes research and statistics available to the community. These statistics (such as lesbian and bisexual females are more likely to be overweight and obese, or, transgender individuals are less likely to have health insurance than heterosexual or GLB individuals) make it clear that some issues impact different areas of the community in various ways. "This is why data collection on our communities is so important," Paulson says. "We collect specific demographic information from community members so that we know what health concerns are relevant for which populations within GLBTQ communities."

"What we do to address this [variance between populations] is collect the data and disseminate our results," she continues. "We do systems work, which means we aren't providing direct services to clients, but instead helping to educate the systems that are set up to provide these services. For example, some of the people we bring our data to are public health officials, social service workers, medical providers, schools, and community members."

Disseminating this information takes on various roles, one of which is RHI's education program. With a curriculum focused on discussing health disparities collected from RHI's annual health assessment survey, the education program outlines GLBTQ concepts and terms, providing participants with the skills to create supportive environments for GLBTQ clients and staff. Centered on a core base, the trainings can be catered upon request toward specific organizations seeking to become more culturally competent.

RHI's training sessions have traveled throughout the state of Minnesota, receiving positive feedback from participants. With a goal of expanding trainings and presentations, RHI wants to be able to reach as many healthcare providers and workers as possible. For example, this winter and spring, RHI will be hosting four trainings at the new office building off



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### What We're Doing About It

Our goal is health equity for the LGBTQ community. Rainbow Health Initiative was founded in 2001 by a group of community activists, physicians, and health advocates who noted the significant health disparities facing members of Minnesota's gay, lesbian, bisexual and transgender communities. They came together with the common goal of improving the health of queer Minnesotans.

#### Initiatives



#### Focus Areas



#### Activities



#### Programs



of East Hennepin Avenue (anyone interested is encouraged to email RHI for more information). "Our trainings and presentations are ongoing and will be updated every year with our new survey data and community member feedback," says John Salisbury, RHI's Program Manager. "We will host ongoing focus groups about GLBTQ health with community members to inform our trainings and make sure that they reflect community priorities."

The core of RHI's research is its annual Voices of Health Survey, which is largely funded through Blue Cross Blue Shield's Center for Prevention. Every year RHI asks thousands of GLBTQ Minnesotans to complete an annual health and wellness survey. The survey covers topics such as tobacco use, alcohol consumption, exercise, healthy eating, and experience with health care. The results of this survey are used to help healthcare providers and policymakers better understand the needs of GLBTQ Minnesotans, and to inform GLBTQ Minnesotans about the health of their community.

"Currently, RHI is finishing up an assessment of in-store marketing of e-cigarettes to GLBTQ people," says Dylan Flunker, the Policy and Community Organizing Coordinator for RHI. "That study was supported by the Minnesota Department of Health's Tobacco-Free Communities fund."

Other recent research projects include an analysis of inclusion, or lack of inclusion in some cases, of the GLTBQ population in funding streams related to health equity, which was supported through the Center for Urban and Regional Affairs at the University of Minnesota. "RHI is continually looking for organizations willing to support future research projects," Salisbury adds. "There is still a lot that isn't known about GLBTQ health and it is important to advance our understanding of that area."

A central aspect of RHI's work involves creating healthier spaces and promoting essential community resources that support a healthier GLBTQ community. This is done with three initiatives (research, education, and advocacy) and six areas of health in mind (healthy eating, active living, tobacco cessation, recovery, youth pregnancy, and social support). "We try to make sure we're adding publications, resources and events on a consistent basis so that the public can stay informed of what's happening in GLBTQ health and what RHI is working on," Paulson says.

RHI is committed to increasing statewide knowledge of the health disparities that the GLBTQ communities experience. Joann Usher, the Executive Director, confirms that RHI will continue to work with the Minnesota Department of Health, other GLBTQ organizations through the GLBTQ Health Advocacy Roundtable, and other organizations which are committed to addressing health disparities, to highlight and address the health issues of GLBTQ communities. She says, "We want to work

## Ten Things Lesbian and Bisexual Women Should Discuss with Their Healthcare Provider\*

### 1. Breast Cancer

Lesbians and bisexual women are more likely to have risk factors for breast cancer (including fewer full-term pregnancies, fewer mammograms, and being overweight) yet less likely to get screening exams. This combination means that lesbians may not be diagnosed early when the disease is most curable.

### 2. Depression/Anxiety

Lesbians may experience chronic stress from discrimination. This stress is worse for women who need to hide their orientation as well as for those who have lost important emotional support because of their orientation. Living with this stress can cause depression and anxiety.

### 3. Heart Health

Heart disease is the leading cause of death for women. Smoking and obesity are the biggest risk factors for heart disease among lesbians and bisexual women. All women need yearly medical exams for high blood pressure, cholesterol problems, and diabetes. Health care providers can also offer tips on quitting smoking, increasing physical activity, and controlling weight.

### 4. Gynecological Cancer

The fact that women who have sex with women are less likely to take birth control (which has been shown to decrease risk of cancer), get pregnant or breastfeed, and have a higher Body Mass Index place them at higher risk for certain types of gynecological cancers compared to straight women. Having regular pelvic exams and pap tests can find cancers early and offer the best chance of cure.

### 5. Fitness

Research shows that lesbians and bisexual women are more likely to be overweight or obese compared to heterosexual women. Obesity is associated with higher rates of heart disease, cancers, and premature death.

### 6. Tobacco

Research also shows that lesbians and bisexual women use tobacco more often than heterosexual women do. Smoking has been associated with higher rates of cancers, heart disease, and emphysema — three major causes of death among women.

### 7. Alcohol

Heavy drinking and binge drinking are more common among lesbians and bisexual women compared to their heterosexual counterparts. While one drink a day may be good for the heart, more than that can raise your risk of cancer, liver disease and other health problems.

### 8. Substance Use

Lesbians and bisexual women may use drugs more often than heterosexual women. This can be due to stress from homophobia, sexism, and/or discrimination. Lesbians need support to find healthy ways to cope and reduce stress.

### 9. Intimate Partner Violence

Contrary to stereotypes, some women in same-sex relationships experience violence. However, health care providers do not ask lesbians and bisexual women about intimate partner violence as often as they ask heterosexual women.

### 10. Sexual Health

Lesbians and bisexual women can get the same sexually transmitted infections (STDs) as heterosexual women. It is important for sexually active women of every sexuality to be screened for STDs by a healthcare provider.

\*Informed by statistics from the Gay and Lesbian Medical Association (now known as Health Professionals Advancing LGBT Equality), PRIDE Institute of Minneapolis, and Substance Abuse and Mental Health Services Administration

\*\*It should be noted that these health organizations neglected to include "coming out to your doctor" as a concern for women as they did for gay and bisexual men.





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## Ten Things Transgender Persons Should Discuss with Their Healthcare Provider\*

### 1. Access to Healthcare

It is not easy to find a healthcare provider who knows how to treat transgender individuals. Even if one is found, insurance may not pay for the treatment. Ask providers if costs will be covered by insurance. If not, ask if they will reduce the bill so you can pay.

### 2. Health History

It's important to trust a healthcare provider. Tell them about the medicines taken and the surgeries that may have happened in the past. If the healthcare provider knows what has happened in the past, they will be better able to give the best treatment today.

### 3. Hormones

Talk with the provider about hormone treatment. If starting hormones for the first time, ask about the things to watch out for while taking these medicines. As a transgender woman, ask about estrogen and blood clots, swelling, high or low blood pressure and high blood sugar. As a transgender man, ask about the blood tests needed to be sure the testosterone dose is safe. Be sure and take only the hormones prescribed by the provider.

### 4. Cardiovascular Health

Transgender persons may be at increased risk for heart attack or stroke, not only from hormone use but from increased cigarette smoking, being overweight, high blood pressure and diabetes. For example, transgender women may fear that their provider may make them stop estrogen if they develop heart trouble, and so they may not report feelings such as chest pain or trouble breathing. Be sure to tell a healthcare provider if you do have these feelings.

### 5. Cancer

It is very rare to develop cancer due to hormone treatment, but a healthcare provider will evaluate this possibility when he or she sees patients for check-ups. He or she will also check for possible cancer of sex organs, if they have not been removed. Again this is very rare but it should be checked along with the rest of a physical examination.

### 6. Sexually Transmitted Diseases and Safe Sex

Transgender people, particularly young transgender people, may be engaging in sexual activity. Just like anyone else, transgender people may get a sexually transmitted disease. It is very important to practice safe sex and discuss safe sex practices with a healthcare provider.

### 7. Alcohol and Tobacco

Alcohol and hormones may be more dangerous when taken together. Many transgender people smoke cigarettes. This increases their risk of heart and lung disease, especially in persons taking hormones. Transgender persons who care about their health should not smoke, and they should drink only small amounts, if at all.

### 8. Depression

Even after transition, depression can still be a problem. Talk with a provider or therapist about your feelings and tell him or her if depression feels like an accurate diagnosis. Many good treatments are available for depression.

### 9. Injectable Silicone

Some transgender women want to look feminine and beautiful without having to wait for the effects of estrogen. They expect injections of silicone to give them "instant curves." The silicone, sold at "pumping parties" by non-medical persons, may move around in the tissues and cause ugly scars years later. It is usually not medical grade, may be contaminated and is often injected using a shared needle.

### 10. Fitness

A healthy diet and a frequent exercise routine are just as important for transgender persons as for anyone else. If a surgery is planned for the future, the surgeon will want to be sure the individual is in good physical condition to do well during and after surgery.

\*Informed by statistics from the Gay and Lesbian Medical Association (now known as Health Professionals Advancing LGBT Equality), PRIDE Institute of Minneapolis, and Substance Abuse and Mental Health Services Administration

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50% of transgender people reported having to teach their medical providers about transgender care. (Grant et al., 2011)

**40%**  
40% of LGBT adults living in Hennepin County report binge drinking behavior. (SHAPE, 2011)

**31%**  
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with a variety of organizations to begin to develop a State of the GLBTQ communities status report and develop strategies and partnerships to improve the health and well-being of our communities.”

Usher describes how RHI is also committed to improving healthcare access, promoting MNSure as an opportunity for the 21% of the community without insurance, to get coverage. At the same time, RHI continues to focus on providing educational opportunities for healthcare providers, ensuring individuals receive competent care.

Based on RHI's current data, Usher discerned a need to identify policy, systems, and environmental approaches to address the health disparities in the community. She says, “As the only organization in the state and one of the few in the country that collects GLBTQ data, we want to expand the scope and types of data that we collect. And we want to begin to offer this expertise to other organizations across the country.”

Through it all, Usher stresses the need for collaboration. “Every state and Federal health agency is focused on addressing ‘Health in All Policies,’” she says. “They understand the interconnectedness of the social determinants of health and their impact. Having insurance is important; getting competent care is important; having access to good health food is important; safe housing is important; employment is important; a safe and supportive education system is important. To be truly healthy, the GLBTQ communities need to have all of these determinants of health in place. No one agency can do all of this. Collaboration and cooperation is imperative to improving the health of our community.”

With this strong tie to the community, RHI actively engages through social media. “We get a lot of people taking survey's on GLBTQ health and engage people in talking about health, the disparities and what we can do about it,” Paulson says. “Health is necessary for any kind of good life, we need to pay special attention to our health in the GLBTQ communities, because as it stands we're fighting some large disparities.” □

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# Chopsticks

I'm not sure what terrified me more. The crosses on all the walls or the German accent. "Sit down!" she demanded. I did immediately. Following the orders of chilly blondes comes naturally to me.

"Put your fingers here! No! Not there! Here!" she barked, manipulating my hands into an unnatural position.

"Now! Let's play!" she commanded.

My fingers were stiff and twisted into what looked like the paws of a dead raccoon. My brain hurt from the blizzard of my teacher's stern directives. And there was an enormous crucifix bolted to the wall directly in front of me. The Christ figure hanging from it seemed to be pleading to me with his eyes: "Get out before it's too late!"

None of this put me in the mood to play. Yet, I did not want to disappoint the exacting Valkyrian perched next to me. So, I punched my fingers at the target, which resulted in a discordant wail.

"Terrible!" exclaimed my teacher. "But it's a start."

For my birthday this year, my girlfriend gave me piano lessons and a piano. I had long dreamed of having parties where people gather 'round a piano and sing old standards. This dream has been the main

reason I have befriended so many gay men of a certain age. I assumed that one of them would know how to pluck out a showtune on a piano. But they've all disappointed me. So, as in most things, I have to do it myself.

Last Saturday, I attended my first lesson at my teacher's studio, a gingerbread-like cottage called the Hansel and Gretel Music Academy. This told me two things: a.) that I'd be the only student who had yet reached puberty, and b.) that in keeping with the cheery tale by the Brothers Grimm, I may very well be coaxing into an oven before I learned to master the instrument.

My love of music and singing is both a blessing and a curse. Singing frequently and loudly gives me pure joy. I have a terrific appreciation for the standards and can belt out the most obscure Rodgers and Hart tune even when so drunk I can't remember my name. So, that's the blessing part of the equation. The curse is that my "friends" consistently fail to appreciate my melodic offerings. I'm hoping that once I learn to play the piano, they'll be so distracted by this accomplishment that they'll forget their distress over my singing voice. This is what I call the dog driving a car theory. Who cares if he crashes into every other car parked on

the street. The dog is driving a car! Amazing.

My goal is to surprise my friends at my 50th birthday party in November 2014 by taking over the piano at our favorite cabaret and singing Cole Porter's "Tale of the Oyster," which I consider the story of my life.

Down by the sea lived a lonesome oyster, Ev'ry day getting sadder and moister. He found his home life awf'ly wet, And longed to travel with the upper set. Poor little oyster.

When I finished my first lesson, my teacher gave me a cookie (to fatten me up for the oven, I assume) and declared, "You are my worst student! A disgrace!" She then compared me unfavorably to her only other adult student—a 25-year-old with Down Syndrome.

But being German and Christian, she refuses to give up on me. "You are my mission. Let others go tend to the leper colonies! You are my leper! My untouchable! I will cure you of your lack of talent."

Momentarily buoyed by hope, I glanced up at Christ on the cross. He didn't look very encouraging. But before I could get too gloomy, my teacher bellowed and I dutifully dropped my fingers to the keyboard.

"Chopsticks!" she cried. "Play! Now!" □

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POR RODRO



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1-5-2014

True friend to all, Tim was a conduit of light and love. Memorial service Saturday, January 25, 4:30 p.m. All God's Children Metropolitan Community Church, 3100 Park Avenue, Minneapolis

In lieu of flowers, please send a donation to Tim's favorite charity; Affirmation, P.O. Box 1021, Evanston, IL 60204.



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# I Don't Know Much, But— Through The Eyes Of David R.

*As told to the author by David R.*

Soft lips, full and supple. Gorgeous smile. Tender skin. And his eyes, those big brown eyes.

I don't know if he's gay. But I'm going to kiss him. I have to.

My friend Nick and I are lying on a bed in our hotel room, facing each other. We're both 18 years old. We're on spring break. I'm nervous as hell.

He's talking and I'm talking but I'm not really listening. I can only look at him. He's so damn beautiful.

How do I do it? How do I make my move? I don't know much about being gay. I grew up in a small town in Oklahoma playing sports with guys, not cooped up with girls. "Gay" meant effeminate. I was athletic.

But I know I want Nick. I want to wrap my arms around him. I want to hold him, make love to him, take care of him, make him feel beautiful.

I decided I'd kiss him before our spring break trip ended, and now's my chance. We're alone. He's beside me, smiling with me, laughing with me, making eye contact. What does it mean? Am I reading the clues right? Are there clues? What are clues?

Does my breath smell okay? I want to smell and taste good for him when we kiss... or, oh

my god, when I kiss him and he screams in disgust. What if he doesn't like me? What if he rejects me? What if he's straight?

My heart's beating fast. Too fast, too hard. I feel my pulse through my chest, neck, arms, legs. Every minute feels like an hour.

My palms are sweaty. I'm almost sick to my stomach. I'm in a state of unreality, the sort of feeling you imagine getting before speaking in front of thousands of people. My peripheral vision blurs. I see only his eyes.

Every moment is more agonizing than the last. I know the longer I wait the harder it'll be.

I have to just do it. Put the wheels into motion, David. Just calm down and move slowly.

I shakily prop myself up on my forearm so I'm looking down at him. He's smiling while he's talking. Or maybe he isn't. I don't know anymore. It doesn't matter. I'm trying to stay cool, but I'm sure he can tell. I try to slow down my breathing but I can't.

I'm on my forearm, looking at him, taking him in, thinking of everything and of nothing and of only him, and all at once. It's like the whole world is crammed into a single moment, clamoring for release.

I don't know much about kissing another

guy. I want to do it right. I want to impress him. I want to assert my dominance but show my tenderness. I want him to see me as worthy and gentlemanly. But I don't even know if he likes me—or if he's gay.

I want to do it. I'm going to do it. I'm going to close my eyes and do it. I'm just going to kiss him. There's nothing to lose. Is there? So just do it! And I'm going to do it and I can't stop thinking and I can't help but worry and I can't help but procrastinate and I want to kiss him and I'm going to do it and—

And I do.

My lips are on his, his are on mine.

Holy shit. I did it.

He's going to pull away. I know he will.

But he doesn't.

He kisses back.

It's euphoric.

No. It's more than euphoric. It's unworldly, everything I've fantasized about for so long, and so, so much more. And it's real. I'm really here. It's really him.

We kiss. We cuddle. We talk. We become more and more intimate.

But we're drunk.

Maybe too drunk. My adrenaline fades, exhaustion strikes, and after all of that preparation, I pass out in the middle of a sentence—

*David R. lives in Philadelphia. □*



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IN THE THE EAGLE AND BOLT BAR



"IS THERE A LITTLE PIG IN YOU?"

**BearNight**

**Every 4th Saturday  
in the Eagle and BOLT bars**



**Beer Bust  
8 to 11PM**



HERE'S TO  
GOING YOUR  
OWN WAY.



# Ketel One

Supporting those with conviction as a proud partner of



PLEASE DRINK RESPONSIBLY.  
KETEL ONE Vodka. Distilled from Wheat. 40% Alc/Vol.  
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